

Shoreline



City of Seal Beach Classes and Activities • Summer 2012



City of Seal Beach

211 8th Street, Seal Beach, CA 90740
(562) 431-2527

CITY COUNCIL

City Council meetings are open to the public and are held at City Hall on the second and fourth Monday of each month at 7 p.m.

Mayor	Michael Levitt, District 5
Mayor Pro Tem	Gary Miller, District 4
Council Member	Ellery Deaton, District 1
Council Member	David Sloan, District 2
Council Member	Gordon Shanks, District 3

CITY STAFF

City Manager	Jill Ingram
Assistant City Manager	Sean Crumby
City Clerk	Linda Devine
Chief of Police	Robert Luman
Interim Director of Development Services	Gregory Hastings
Interim Director of Finance	Shally Lin
Director of Public Works	Sean Crumby
Marine Safety Chief	Joe Bailey

COMMUNITY SERVICES STAFF

Comm. Services Supervisor	Tim Kelsey, ext. 1341
Comm. Services Coordinator	Dana Kukuruda, ext. 1306
Comm. Services Specialist	Marquis Lee, ext. 1307

RECREATION COMMISSIONERS

District 1	Marc Loopesko
District 2	Lauren Sosenko
District 3	Carla Watson
District 4	Schelly Sustarsic
District 5	Graham McAllister

MUNICIPAL MEETINGS

Planning Commission
7:30pm; 1st & 3rd Wednesday per month

Environmental Quality Control Board
6:30pm; Last Wednesday/month

Recreation Commission
6:00pm; 4th Wednesday/month
*January, February, March, April, May, June,
September, October, November*

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HOLIDAY CLOSURES

Memorial Day – May 28

Independence Day – July 4

Labor Day – September 3

Registration Begins May 1

We welcome non-residents to participate in our programs. Register early to avoid class cancellations. Pre-registration required through the Community Services Department. If your name is not on the roster you may not participate in the class until fees have been paid. See **Page 30** for details.



City News

City of Seal Beach

Summer 2012

A Message from the City Manager's Office

As springtime comes to a close and the summer season begins, we have so many activities in Seal Beach to look forward to. We are extremely fortunate to live, work, and play in such a beautiful and well maintained city. We are proud to welcome over a million visitors to our beaches, pier, and Main Street every year. Our businesses are vibrant with activity and our residents enjoy first class services. Additionally, we are very proud that the Los Alamitos Unified School District was ranked the best school district in Orange County.

In order to continue to maintain such a successful Seal Beach, participation from the community is paramount. I'd like to take this opportunity to graciously thank and highlight some of the dedicated volunteer groups that continue to actively give back to our community.

Seal Beach Chamber of Commerce

The Seal Beach Chamber of Commerce exists to promote businesses within Seal Beach and the surrounding area. They host numerous networking events, market their members' businesses, and participate and support several City and community programs and events. The Chamber also hosts a series of events that bring business to Seal Beach. A few traditional Chamber events:

- Saturday, April 28, 2012 – 25th Annual Seal Beach Classic Car Show. With an anticipated 15,000 – 20,000 visitors and over 500 cars, this year's car show is sure to be a fun day you won't want to miss.
- July - August – Summer Concerts by the Pier. The Chamber will be hosting 8 concerts between July 11th and August 29th. The concerts will be held in Eisenhower Park every Wednesday between 6:00 and 8:00 p.m. While this is a fun and popular family event, your cooperation, courtesy, and respect of others will be

greatly appreciated to ensure that seating is available for everyone.

Seal Beach Lions Club

The Seal Beach Lions (and Leos) Club offers numerous opportunities to volunteer and give back to the City. This year the Lions have implemented a "Lions Against Graffiti" abatement program. The City cleans graffiti on public property, but not on private property. The Lions have set up a task force and through a hotline are removing graffiti within a day and in most cases within hours. The Lions also cleaned the Flood Control Channel that runs parallel with the San Gabriel River and several of the jetties. If graffiti is discovered anywhere in Seal Beach, please contact the Lions graffiti removal team at graffiti@sealbeachlions.com or call (562) 208-7531. The Lions will be hosting their largest fund raising event of the year with the Annual Fish Fry on Saturday, July 21st in Eisenhower Park.

Run Seal Beach

Run Seal Beach is a 100% volunteer managed and run organization. Their mission is to plan and successfully host the Seal Beach 5K/10K race. On race day over 500 volunteers make the event happen. In terms of giving back to our community, in 2011 Run Seal Beach awarded approximately \$126,000 in grant funds to the local community.

Seal Beach Volunteer Police Officers

The VIPS program is a volunteer program under the Citizen Corps for the Seal Beach Police Department. The members of the VIPS program serve as ambassadors for our Police Department, serving the community at the Jack Haley Community Safety Building located at 820 Ocean Avenue, along with performing foot security

patrols on Main Street, vacation checks, and vehicle patrols throughout the City. VIPS also serve many functions at the Police Headquarters located at 911 Seal Beach Boulevard. In addition to their daily assignments, our VIPS work diligently at many special events during the year, including the Holiday Parade, the Art Festival, DUI check points, and National Night Out, to name a few. For further information, please contact the volunteer office at (562) 799-4100, ext. 1121.

Save Our Beach

"Save Our Beach" is an entirely volunteer organization that conducts monthly beach and wetlands cleanups in Seal Beach and Long Beach. Their mission is to educate individuals, companies, schools and organizations on how their environmental footprint impacts their community and the world by participating in environmental field trips, beach and riverbed cleanups and team building activities. The Seal Beach cleanups are normally the 3rd Saturday from 9:00 AM to noon.

It is the dedication and passion of these and many other community groups that make Seal Beach such a wonderful and desired place to live, work, and visit. Wishing you a happy, fun, safe, and memorable summer in Seal Beach!



City Manager Jill R. Ingram

Jill R. Ingram
City Manager

Seal Beach Police Department urges residents to sign up for NIXLE

The Seal Beach Police Department has launched a new Community Notification Service called "NIXLE" designed to improve communication with people who live, work, and visit Seal Beach.

NIXLE is a secure communications service available to municipal, county, and state government agencies. There is NO spam or advertising associated with NIXLE Municipal Wire messages. The system is free (standard text message rates apply for subscribers who do not have text plans with their cell phone providers) and provides a quick, efficient, and secure way to get neighborhood-level information out to community members and subscribers. By accessing www.nixle.com, the department is able to send text messages (SMS) and e-mail alerts to subscribers in areas as small as ¼ of a mile.

Notifications can be used in a number of circumstances including;

- A young child is reported missing, or an adult with Alzheimer's walks away from their home. Alerts can include pictures of the subject and maps identifying the area they were last seen.
- Incidents that require people to stay inside or remain away from their homes. NIXLE alerts allow residents, registered within the affected neighborhoods to understand what's going on and provides them with a way to play a proactive role in the police effort.
- Incidents that cause road closures for extended periods of time. This situation might warrant a notification to subscribers who live or work in the area that also provides suggested alternative commute routes.
- Other uses may include updates about large-scale public works projects, traffic safety implications around fire scenes, special events, and information about health emergencies, City Council and Neighborhood 4 Neighbor meeting information, utility outages and many other announcements.

NIXLE allows the Seal Beach Police Department to deliver messages to citizens via e-mail and cell phones, effectively expanding our community outreach efforts. This system is most effective when we have large numbers of subscribers. Sign up at www.nixle.com to see how the system works and receive alerts for both work and home.



Signing up is easy. Simply log on to www.nixle.com and sign up or text 90740 to 888777. It's fast, easy, safe and secure.

If you have any questions about NIXLE, please feel free to contact Sergeant Steve Bowles at (562) 799-4100 Ext 1160 or SBowles@sealbeachca.gov. We look forward to seeing you on the NIXLE wire. And remember, if you see something, say something! **Remember to follow the Seal Beach Police Department on FACEBOOK and TWITTER!**

McGaugh School Partnership

We wanted to remind the community that the McGaugh School Campus is a shared facility between the City of Seal Beach and the Los Alamitos Unified School District. In the spirit of the City's new Neighbor 4 Neighbor initiative, we ask that all of those using the campus for any reason, whether for recreation or education, please be neighborly and insure the facilities remain clean and free from any damage or abuse. And remember, if you see something, say something.

Seal Beach parks provide a place for active recreation

The City of Seal Beach is proud to recognize July 2012 as Parks and Recreation Month. The City recognizes that parks can provide a restful and reflective place for people to get away from the hustle and bustle of everyday life. Parks have been described by some as the "lungs of a community."

Local parks provide a place for active recreation to play sports such as basketball, softball or tennis. Parents rely on parks to give young children a place to learn and develop social skills. Dog owners have found that designated dog parks offer an important place to give their dogs freedom and create a community of their



own. Parks offer many ways for residents and neighbors to get to know each other and help to create community cohesiveness. This social capital provided by parks has proven to make neighborhoods stronger, safer and more successful.

City parks are a valued asset to health and wellbeing of a community. One in every nine

children in California, one in three teens, and over 50 percent of adults are already overweight or obese. Parks offer all residents an opportunity to participate in a safe and active lifestyle for little to no cost.

The City of Seal Beach recognizes all of the benefits that an active parks system provides to the community. For this reason Seal Beach takes pride in recognizing July as Parks and Recreation Month.

**Parks
Make
Life
Better!**

You're Gonna Love Our Summer Camps!

See **Pages 21-27** for additional information.

■ CLUBS & ORGANIZATIONS

American Legion Post #857	Joe Palmer — 562-596-3950
Animal Care Center	562-430-4993
American Youth Soccer (AYSO)	www.ayso159.org
Beach Cities LaCrosse	714-719-6470
CPENA	sealbeachcpena@hotmail.com
Chamber of Commerce	General Info: 562-799-0179 www.sealbeachchamber.org
Food Finders	Arlene Mercer — 562-598-3003
Friends of the Mary Wilson Library	Tom Blackman — 562-431-7415
Girl Scouts	Lynn Gosselin — 562-596-4315
Historical Society Red Car Museum	562-430-1450
International Friendship Assoc.	Rose Wenjen — 562-596-8568
Interval House — Women's Shelter	562-594-9492
League of Women Voters	Marilyn DeWitt — 562-431-7575
Los Al/Seal Beach Football	LosALFNL.com
LOTE Volunteer Organization	Barbara Barton — 562-596-3497
McGaugh School PTA	Isabelle McFadden — 562-596-1199
MOMS Club of Seal Beach	Veronica Vallejo — 562-493-0543 www.momsclubofsb.org
Republican Women's Club	Phyllis Steiner — 714-826-7022
R.O.C.K. Raising Our Celiac Kids	Christie Scales — 562-799-2060
Rotary Club of Seal Beach & Los Alamitos	Patricia Efkenzai — 562-431-9400
Save Our Beach	Kim Masoner — 562-884-6764
Seal Beach Arts & Crafts Faire	Belinda — 562-598-0116
Seal Beach Beauty Pageant	Barbie — 562-431-5679
Seal Beach Lions Club	Scott Newton 562-537-3955
Seal Beach Leo Club	Scott Newton 562-537-3955
Seal Beach Pony Baseball	www.sbpony.com
Seal Beach TV 3 Community Access	562-596-1404
Seal Beach Swim Club	562-430-1092
Seal Beach Volleyball Club	562-430-6671 www.sealbeachvolleyballclub.com
Seal Beach Wildlife Refuge	562-598-1024
The Seal Beachcombers Club	Resident SOCAL Club — 562-243-8987 www.sealbeachcombers.com
Surfrider Foundation	Mike Balchin — 562-397-3658 mebahh2o@msn.com
Special Olympics So California-OC	Jimmy Wong — 714-564-8374
Trees for Seal Beach	714-235-0880
Woman's Club of Seal Beach	Twyla Karkut — 562-431-7290

■ TRASH

Consolidated	(800) 299-4898 www.consolidateddisposalservice.com
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■ STREET SWEEPING

R.F. Dickson	(800) 573-3222
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■ SEAL BEACH WATER BILLING

Water Billing	(562) 431-2527 x1309
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■ CITY & GOVERNMENT OFFICES

Seal Beach City Hall	562-431-2527
Community Services Office	General Info: 562-431-2527, ext 1344
Los Al Unified School District	562-799-4700
McGaugh School Office	562-799-4560
Police Dept, non-emergency	562-799-4100
SB Lifeguard Headquarters	562-431-2527, ext 1202
SB Com Pool @ McGaugh School	562-430-9612
Community Senior Serv	Senior lunch program: 562-430-6079
Senior Transportation (SB ONLY)	562-439-3699
Sunset Beach Lifeguards	949-499-3312
Main Post Office (Westminster)	562-596-5546

■ RECREATION & COMMUNITY SERVICES

Los Alamitos Recreation	562-430-1073
Los Alamitos Youth Center	562-493-4043
Rossmoor Comm. Services Dist	562-430-3707

■ LIBRARIES

Leisure World Library	562-431-1611
Mary Wilson Library	562-431-3584
Rossmoor/Los Alamitos Library	562-430-1048

■ PRESCHOOL

Growing Tree	562-430-2434
Sun N Fun	562-430-4384
Seal Beach Playgroup	562-594-0066

■ LOCAL NEWS

Seal Beach TV 3	562-596-1404 Community Access
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■ COMMUNITY SERVICES DEPARTMENT

Hours of Operation	Monday-Friday; 8am - 5pm Closed Daily 12-1pm
Address	211 8th Street, Seal Beach, CA 90740 (562) 431-2527, Ext. 1307
Ext. 1307	— Adult Sports, General Information & Classes
Ext. 1306	— Brochure/Classes, Instructors, Facility/Park Rentals and Community Gardens
Ext. 1341	— Athletic Fields, Aquatics, Swim Lessons and Gym Reservations



City of Seal Beach- Community Services



SealBeachRec



July - August
Summer Concert Series 2012
 6-8 p.m. • Eisenhower Park
 This year's Summer Concert Series schedule, presented by the Seal Beach Chamber of Commerce:

July 11 – Sgt. Pepper
 July 18 – Urban Dread
 July 25 – Lukas Nelson
 August 1 – King Salmon Band
 August 8 – Robbie Armstrong
 August 15 – Walking Phoenixes
 August 22 – The Elm Street Band
 August 29 – U2-Bart Davis

The Chamber, along with individual band sponsors have made these events free to the public. The concerts will run every Wednesday evening from 6 to 8 pm starting July 11 through August 29 at Eisenhower Park by the Seal Beach Pier. For additional information, please contact the Seal Beach Chamber of Commerce at (562) 799-0179.

June 30

Seal Beach Rough Water Swim

7-11am • Eisenhower Park

Foot of the pier in Eisenhower Park. Everyone is welcome. Race distances are to consist of a 3-mile, 1-mile, and kid's swim with distances based upon age. For information call Maria Fattal (562) 430-1092. www.sealbeachswimclub.org

July 4

CPENA 4th of July Celebration

11am-2pm • Heather Park

A celebration at Heather Park, which will consist of a barbeque, bike decorating contest and parade, games, and a chili cook off!

August 18

CPENA Kids Swap Meet

8-12pm • Heather Park

A community swap meet that gives kids the opportunity to sell and buy used toys, clothes, books, bikes, and anything & everything for kids at great prices. A bounce house and all kinds of fun for families. Contact Carolyn at CTFRSTEM@gte.net.

July 21 & July 22

Annual Fish Fry

11am- 7pm

Eisenhower Park East

Sponsored by the Seal Beach Lions Club.

www.sealbeachlions.com



August 11

47th Annual All City Swim Meet

8am

McGaugh Pool

Join us for the 47th Annual all-city swim meet and penny pitch on

August 11th at 8am. The

pool will be open at 7:30am for swimmers to do warm-ups. There is a \$10 entry fee per person. Turn your applications in at the McGaugh Pool or the Community Services Department located at City Hall. Entry applications must be turned in by Friday, August 3rd at 5pm. Non-swim team contestants may enter all Novice Events in their age group. Seal Beach Swim Team members must enter in Open Events. All participants 19 and older may only participate in the open class. Scoring is done using a points system. All 1st-6th place participants in all events will be awarded with a ribbon. Special awards will be presented to the first, second, and third place high point male and female in each age group, both Open and Novice. The penny pitch will begin immediately after the last event. For more information please call the pool office at (562) 430-9612 and ask for the Pool Manager.



August 7

National Night Out

6-9pm • Eisenhower Park

Free Food, Games, & Prizes! Come out and meet your Seal Beach Police Department and other public safety responders. Fun for the whole family! Contact Todd DeVoe for more information at (562) 431-2527 x1145.

Ongoing

Save Our Beach

9am-12pm • 1st Street Beach

Monthly Beach clean-up (3rd Saturday of each month) For more information, call Kim Masoner at (562) 884-6764.

www.saveourbeach.org

Baby Sign Language

Shannon Zeeman

Los Alamitos Community Center- Activity Room #1, 10911 Oak Street

Want to know what your baby is thinking? In this class, parent and baby will learn to communicate before baby can speak. Learn hand movements using basic sign language. You and your baby will learn words such as please, thank you, more, mom, dad and so on. All of these words will let you know their wants & feelings. \$3 supply fee payable to instructor at first class.

311071-01 3 weeks Mon 8/13-8/27 9:45-10:30am Infant-2yrs \$36

Bamboleo Amiguitos Hispanoparlantes

Gabriela Perez Ugalde

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Via story time, kids will hear the sounds and cultural themes of Puerto Rico, from swish swashing of ocean waves to the singing of the little coqui, a beloved frog of the land. Every session is a new experience! Parent participation is required. Please do not bring unregistered siblings to class. \$25 supply fee payable to instructor- includes three illustrated story books (w/ English translations), lyrics, and music/ storytelling CD to take home.

311078-01 6 weeks Mon 6/25-7/30 10-10:50am 2-4 yrs \$65

Music & Movement

Klimczak Group

Seal Beach Senior Center, 707 Electric Ave.

Designed to provide a positive, challenging, learning environment for children to blossom musically and personally. Children will participate in musical games, singing, dancing, listening, and playing instruments. Program combines elements of Orff Schulwerk and Kodaly methods with traditional philosophies of musical education.

311061-01 5 weeks Fri 8/3-8/31 10-10:45am 2 yrs \$55

311061-02 5 weeks Fri 8/3-8/31 11-11:45am 3-4 yrs \$55

Lil Explorers- I Spy Summer

Reina Rivera

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Let all the Curious Georges and Georgette's come on over to explore and discover unique sensory activities! Camp will enhance your child's creativity and development through fun hands-on crafts and environmental concepts in the park. Activities include I spy story time, music, movement, and puppetry. Parent participation is required. Please do not bring unregistered siblings. \$20 cash supply fee payable to instructor on the first day of camp.

311074-01 1 week Mon-Fri 7/16-7/20 2:30-3:30pm 1-3 yrs \$75

Fairy Tale Princess

Reina Rivera

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Dress up in your most beautiful princess costume and come over for a magical fairytale time. Students will learn ballet steps and French terminology as they dance to their favorite princess songs. The last segment of each camp day is devoted to a creative princess craft. At week's end, princesses will perform an enchanted routine for family and friends! Please pack a daily snack and water bottle \$15 cash supply fee payable to instructor on the first day of camp.

311075-01 1 week Mon-Fri 7/23-7/27 1:30-3:30pm 3-6 yrs \$150

Kiddie Karate

Gary Pitts

Los Alamitos Community Center- Activity Room #1, 10911 Oak Street

Learn basic techniques and principles emphasizing the three "C's": coordination, confidence and concentration. Wear loose clothing. Parents remain outside during class.

311050-01 4 weeks Tue 7/10-7/31 5:30-6pm 3-5 yrs \$30

Hipity Hop

Reina Rivera

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Grab your sneakers boys and girls and learn all the latest hip hop moves designed for tiny toes! Each day of camp will include hip hop dancing, musical games, followed by a creative craft. At week's end, campers will perform their "hip" routine for family and friends! All campers must be potty trained. Please pack a daily snack and water bottle. \$20 cash supply fee payable to instructor on the first day of camp.

311076-01 1 week Mon-Fri 6/18-6/22 9:30-11:30am 3-6 yrs \$150

Sensational Superheros

Reina Rivera

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Mega energy is required for this action packed camp. Transform into your favorite superhero and learn how to save the day! Each day of camp will include hip-hop, or exercises, story time and a super hero craft. Please pack a daily snack and water bottle \$15 cash supply fee payable to instructor on the first day of camp.

311077-01 1 week Mon-Fri 6/18-6/22 1-3pm 3-6 yrs \$150

Children's Library Programs

at Mary Wilson Library

Summer Reading Programs

Mondays at 3:30pm • June 25-July 30

Seal Beach Senior Center

Teen Advisory Meeting

First Thursday of the Month
5:30-7pm (Year Round)

Homework Club

Mondays through Thursday
3:30-5pm
Through May 31

Kids' Crafts Workshop

First Saturday of every Month
All day program/Year Round

Storytime Stay & Play

Mondays – 11:15am
Through July 31

Library Hours

Mon: 12-8pm, Tues: 12-8pm • Wed: 10am-6pm, Thurs: 10am-6pm
Sat: 10am-5pm • Closed Friday and Sunday

Free programs presented by the Seal Beach Friends of the Library.

For more information, call 562-431-3584



Mini-Gym

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

An introduction to gymnastic fundamentals, developing motor skills to serve as a prelude for future tumblers! A creative first class to develop strength and coordination in little gymnasts. Parent participation required. \$10 material fee due to instructor first class. No Class 7/24

311031-01	5 weeks	Tue	7/17-8/21	3-3:30pm	2-4 yrs	\$52
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Pre-School Gymnastics

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Class is structured to introduce floor work such as bridge, cartwheels, frog stands and more. Gymnasts will also improve strength, balance and skills in this fun and fast paced class! \$10 material fee due to instructor first class. No Class 7/24

311032-01	5 weeks	Tue	7/17-8/21	3:30-4pm	4-6 yrs	\$52
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Gymnastics Level 1

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A focused gymnastic class, working on developing strength for more advanced skills. Gymnasts will learn the proper and safe way to execute tumbling, while increasing confidence and coordination. A wonderful class for athletes and dancers as well! \$10 material fee due to instructor first class. No Class 7/24

311033-01	5 weeks	Tue	7/17-8/21	4-4:45pm	6-10 yrs	\$54
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Pre-Ballet & Tap

Anne Pennypacker

Marina Community Center- Large Room
151 Marina Dr.

Come learn Dance FUNdamentals in a creative first class for dancers! A great introduction to basic ballet and tap steps as well as improving social and motor skills. At session's end, we'll put on a show! Ballet and tap shoes required. No Class 7/25

312024-01	5 weeks	Wed	7/18-8/22	2-2:30pm	3-4 yrs	\$52
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Tiny Tappers!

Anne Pennypacker

Marina Community Center- Large Room
151 Marina Dr.

Noise! Noise! Noise! It's time for happy feet! All little dancers love their tap shoes and this class will focus on learning the fun rhythms & steps of tap. No Class 7/25

312026-01	5 weeks	Wed	7/18-8/22	2:30-3pm	3-5 yrs	\$52
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Ballet/ Tap Combo

Anne Pennypacker

Marina Community Center- Large Room
151 Marina Dr.

This class introduces students to basic ballet warm-up, positions, technique, leaps and turns and classic tap steps such as shuffle ball changes. A great class for dancers of all levels! At session's end we'll put on a show. Ballet and tap shoes required. No Class 7/25

322021-01	Wed	7/18-8/22	3-3:45pm	5-8 yrs	\$54
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Musical Theatre Stars

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Calling all entertainers! Casting now... Needed: creative students interested in exploring dance, acting, music, and song! Join Miss Anne and guest instructors in performing pieces from various favorite musicals. Students will learn musical theatre dance styles, while learning to connect acting and the emotions of the song to the choreography of the piece. Jazz or ballet shoes encouraged for class. No Class 7/25

322024-01	5 weeks	Wed	7/18-8/22	3:45-4:30pm	5-12 yrs	\$54
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Baby Ballet

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Come dance and play as "Mommy and Me" in Miss Anne's Baby Ballet. We'll dance with flowers, sing songs, and play instruments in this fun first class for future dancers.

342032-01	4 weeks	Thu	7/12-8/2	9-9:30am	2-4 yrs	\$42
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Tenny Tappers! *Summer only!*

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Time for happy tappin feet! Little dancers will learn the FUNdamentals of tap dancing!

342031-01	4 weeks	Tue	7/10-7/31	9-9:25am	2-4 yrs	\$42
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Pretty Princess Pre-Ballet

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Calling all Princesses, Fairies and little Ballerinas! Join in the fun by dancing magical ballet adventures. Little dancers can pretend to be the beautiful Swan Princess, Fairy Queen, Sleeping Beauty and more. Learn basic ballet positions and steps in a fun creative environment! No Class 7/26

342033-01	5 weeks	Thu	7/19-8/23	3-3:45pm	4-7 yrs	\$54
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World Dance *Summer only!*

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

Dancers will explore various dances from around the world, such as African, Irish Step, and the basics of Hawaiian Hula. A great way to expand dancers experience, learn history & geography all while having fun! No Class 7/26

322025-01	5 weeks	Thu	7/19-8/23	3:45-4:30pm	5-12 yrs	\$54
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Hip Hop

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

A fast paced class to get dancers on their feet and groovin. Learn street style dance and funky hip hop combinations to upbeat (and appropriate) music. Explore basic breaking, popping and locking and more! At session's end, we'll put on a show. Tennis shoes or Jazz shoes required. No Class 7/26

342034-01 5 weeks Thu 7/19-8/23 4:30-5:15pm 5-12 yrs \$54

Petit Ballerina

Anne Pennypacker

Marina Community Center- Large Room, 151 Marina Dr.

"Bonjour, Little Dancers!" Join Miss Anne in a magical adventure into the world of ballet: plies, sautés, chasses, and more. Little ballerinas will be fairytale dancers as they learn the importance of pointing their toes! "La danse de la joie!" No Class 7/26

311030-01 5 weeks Thu 7/19-8/23 5:15-5:45pm 2-4 yrs \$52

Karate Beg/Advanced

Gary Pitts

Los Alamitos Community Center- Activity Room #1, 10911 Oak Street

Continue to learn the art of self-defense. Improve coordination, confidence, respect, discipline and sportsmanship. Progress from beginner to Black Belt under Masters 2000 Hall of Fame Inductee Gary Pitts in the Japan Federation Style, "Shito-Ryu". Parents should remain outside classroom. Wear loose clothing.

322051-01 4 weeks Tue 7/10-7/31 6:05-6:50pm 6+ yrs \$35

Kidz Love Soccer

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer... "Where the score is always FUN to FUN!" Class status hotline: (888) 372-5803.

Mommy/ Daddy & Me Soccer

Kidz Love Soccer

Heather Park, Lampson Ave.

Introduce yourself and your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, and in Mommy/ Daddy & Me Soccer; parents are part of the action, not watching from the sidelines! No Class 7/3

323995-01 7 weeks Tue 6/19-8/7 3:30-4pm 2-3.5 yrs \$78

Tot Soccer

Kidz Love Soccer

Heather Park, Lampson Ave.

Little tykes will enjoy running and kicking just like big kids! Encourages large motor skill development through fun soccer games and introduces small children to the group setting. Shin guards are required after the first meeting. No Class 7/3

323996-01 7 weeks Tue 6/19-8/7 4:10-4:40pm 3.5-4 yrs \$78

Pre-Soccer

Kidz Love Soccer

Heather Park, Lampson Ave.

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting. No Class 7/3

323997-01 7 weeks Tue 6/19-8/7 4:40-5:15pm 4-5 yrs \$78

Soccer 1

Kidz Love Soccer

Heather Park, Lampson Ave.

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played at every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting. No Class 7/3

323998-01 8 weeks Tue 6/19-8/7 5:15-6pm 5-6 yrs \$78

Coed Beg Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave.

Learn to play volleyball this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 7/4

Beginning

333060-01 9 weeks Mon 6/18-8/13 3:30-5:30pm 8-14 yrs \$150

Beginning/Intermediate

333060-02 9 weeks Wed 6/20-8/22 3:30-5:30pm 8-14 yrs \$150

Coed Int/Adv Volleyball

Maria Fattal

McGaugh Campus, 1698 Bolsa Ave.

Perfect your volleyball skills and learn how to run a 6-2 offense. Class consists of a warm-up, skills work, and a half-hour of playing. For players who play on 8th grade school teams or club teams or by instructor's approval, please email sbvbcmaria@yahoo.com or call 562-430-1092 with experience.

333061-01 4 weeks Tue & Thu 7/3-8/2 3:30-5:30pm 12-16 yrs \$200

Westminster ICE

13071 Springdale, Westminster

Fee: \$37/ 4weeks

Continuous 4 week sessions are offered for the following classes:

- Parent & Me Ice Skating (3-5 years)
- Skating for Tots (3-5 years)
- Beginning Ice Skating (6-16 years)
- ICE Skating for Adults (17+ years)
- ICE Hockey Skating Skills (6-16 years)

Class fee includes skate rental, half hour of instruction and a free weekly practice session on your registered class day. All classes taught by Westminster ICE Staff. Dress warmly in layers and bring gloves or mittens. Please check in at least 15 minutes prior to class start time at the first class. See flyer at Community Centers or online at www.sealbeachca.gov for individual class descriptions, dates, and times. Pre- Registration required through the Community Services Department for all classes.

I Speak Chinese for Preschoolers

OC First Language Academy Staff

Los Alamitos Community Center- Craft Room, 10911 Oak Street

Similar to learning native language, through story-telling and re-enactment, children apply words learned to real-life situations and start speaking Chinese immediately. Class incorporates fun and culturally enriching songs, rhymes, games, and craft projects. Language is best acquired by experiencing through it. Parent participation is required. Please do not bring unregistered siblings. \$10 cash supply fee payable to instructor.

311068-01	6 weeks	Fri	7/27-8/31	11-11:45am	3-5 yrs	\$77
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I Speak Chinese for Youth

OC First Language Academy Staff

Marina Community Center- Small Room, 151 Marina Dr.

Students develop an understanding of Chinese language and culture with themes relevant to their daily lives. Class incorporates fun and culturally enriching songs, rhymes, games, and crafts. Students will learn simple writing and interesting tidbits about the origin and evolution of Chinese characters. \$10 material fee due at first class. Parent participation welcomes. No Class 8/10

311069-01	6 weeks	Fri	6/15-7/20	4:30-5:15pm	6-12 yrs	\$77
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311069-02	6 weeks	Fri	7/27-9/7	4:30-5:15pm	6-12 yrs	\$77
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Simply Music Piano Workshop NEW

Ricardo Marotta

Seal Beach Senior Center, 707 Electric Ave.

This workshop will give you or your child the taste of playing piano!! Simply Music is a piano program that uses a hands-on playing-based approach. Students are playing blues, classical, accompaniment and contemporary pieces from their very first lesson. In this workshop students will learn four songs, variations, arrangements, duets, composition and improvisation exercises. Please bring a black and red pen to class. A parent must be present for students up to 12 years old. A \$15 materials fee is due and payable to the instructor at the first class meeting. Materials include a DVD, printed keyboard, and a book. Following will we will offer Foundations programs (levels from 1 to 10). For more information, please email: ComeMakeMusic@gmail.com or visit www.ComeMakeMusic.com No Class 8/6

366071-01	Mon	6/11-7/16	9-9:30am	7-12 yrs	6 weeks	\$100
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366071-02	Mon	7/23-8/27	9-9:30am	7-12 yrs	5 weeks	\$85
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366071-03	Mon	6/11-7/16	9:30-10am	12-18 yrs	6 weeks	\$100
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366071-04	Mon	7/23-8/27	9:30-10am	12-18 yrs	5 weeks	\$85
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366071-05	Mon	6/11-7/16	10-11am	18+ yrs	6 weeks	\$100
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366071-06	Mon	7/23-8/27	10-11am	18+ yrs	5 weeks	\$85
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Fashion Sketching 1 & 2

Claudia Hindu, Fire Station 48- Community Room, 3131 N. Gate Road

Claudia Hindu teaches students to develop their own style of fashion illustration with pencil, markers, & water colors. Students will learn to draw women, men, and children's fashion models used as a basis for drawing the idealized proportions. Students will also learn how to draw flats. No prerequisite required. \$25 material fee payable to instructor at first class meeting.

312032-01	5 weeks	Tue	6/26-7/24	10am-12pm	9+ yrs	\$108
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312032-02	5 weeks	Tue	7/31-8/28	10am-12pm	9+ yrs	\$108
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Discover Creativity

NEW

Nicole Eastly, Fire Station 48- Community Room, 3131 N. Gate Rd.

Creativity enables us to solve problems, build a satisfying life, identify and pursue goals, and enjoy every day experiences. It's also what employers want. Learn about what creativity is and does, and how to apply it to our lives. \$5 material fee payable to instructor at first class. See www.discovercreativity.com for more information.

326031-01	5 weeks	Wed	6/20-7/18	9:30-11am	11-14 yrs	\$62
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326031-02	5 weeks	Wed	7/25-8/22	9:30-11am	11-14 yrs	\$62
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Beginning Guitar

Jim Fagen, Los Alamitos Community Center- Lounge, 10911 Oak Street

This class is designed for the beginner and it will gently teach the fundamentals of guitar including chords, picking and tablature. Bring guitar. Adults are cordially invited too!

366070-01	6 weeks	Thu	6/28-8/2	4-5pm	9+ yrs	\$74
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Dog Obedience

Marie Charpentier

Laurel Park, 10862 Bloomfield

All breeds of dogs 6 mos & older (larger breeds 4 mos & older) welcome. All basic obedience commands (heel, automatic sit, sit-stay, down-stay, stand & come) will be covered, as well as discussions on correction of various behavior problems. Hand signals, long distance work, & an intro to off leash control & boundary training included. Trophies & certificates awarded at graduation. Please bring current vaccination records and \$10 insurance/materials fee to first meeting. First meeting is an orientation, to be held WITHOUT DOGS inside Los Alamitos Community Center (10911 Oak St). Otherwise all other classes will be held at Laurel Park- corner of Katella & Bloomfield in Los Alamitos. Handlers ages 9 yrs to adults.



366040-01	8 weeks	Thu	6/28-8/16	6:30-7:30pm	9+ yrs	\$82
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Social Networking for Beginners

Bob Cohen

Los Alamitos Community Center- Meeting Room
10911 Oak Street

Facebook, Twitter, LinkedIn, and Blogs have changed how people are using the internet. Whether you want to stay in touch with family and friends or learn how to leverage social networking for your business or career, this workshop is designed to give you an understanding of these exciting tools and how each one differs and can be used to its best advantage. Learn how these popular Social Networking sites work, how to set up accounts, find friends, family members, and groups, and how to establish connections using the most popular Social Networking services. \$20 supply fee payable to instructor.

346037-01	1 day	Wed	8/29	6:30-9:30pm	18+ yrs	\$38
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Beginning Art for Adults

Claudia Hindu

Fire Station 48- Community Room
3131 N. Gate Road

Students will be taught drawing fundamentals, including contour drawing, perspective, shading, proportion and still life rendering. Mixed media will be used. No prerequisite required. \$5 material fee payable to instructor at first class meeting.

312034-01	5 weeks	Tue	6/26-7/24	8-9am	18+ yrs	\$70
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312034-02	5 weeks	Tue	7/31-8/28	8-9am	18+ yrs	\$70
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Art for Adults II

Claudia Hindu

Fire Station 48- Community Room, 3131 N. Gate Road

Students will be taught more basic techniques such as principles of linear perspective drawing as well as more advanced techniques such as three point perspective. Mixed media will be used. Prerequisite: Art for Adults 1.

312034-03	5 weeks	Tue	6/26-7/24	9-10am	18+ yrs	\$70
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312034-04	5 weeks	Tue	7/31-8/28	9-10am	18+ yrs	\$70
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Needlecrafts

Polly Womack

Los Alamitos Community Center- Meeting Room
10911 Oak Street

Come learn Needlepoint, Tatting, Cross Stitch, Hardanger, Bargello, Embroidery, Whitework, Blackwork, Battenberg Lace, Needlelace, Cutwork, Samplers with a nice group of people to stitch with! Students may choose their own projects. No Class 7/4

346059-01	10weeks	Wed	6/20-8/29	1-3:30pm	16+ yrs	\$58
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Optimize Your Business

Seth Eaker

Fire Station #48- Community Room
3131 N. Gate Rd.

If you want easy steps to enhance communication, marketing strategies, optimizing your website, and make more money- this seminar is for you! \$25 book fee due to instructor at first class meeting. Visit www.marketsnag.com for more information.

346092-01	4 weeks	Thu	7/12-8/2	11:30am-1pm	25-65 yrs	\$100
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346092-02	4 weeks	Thu	8/16-9/6	11:30am-1pm	25-65 yrs	\$100
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iPhone, iPads, I'm Lost

Bob Cohen

Los Alamitos Community Center- Meeting Room/Craft Room
10911 Oak Street

There is so much more to do with an iPhone® and an iPad® besides making a phone call, sending text messages and browsing the web! While these gadgets are cool, we first need to figure out how to use them! In this class you'll learn to set-up your iPhone® or iPad® for email, texting, WiFi networks, Bluetooth®, and how to sync with your computer using iTunes, as well as take terrific pictures, send them to friends, install apps and make your iPhone® and iPad® even smarter. \$20 supply fee payable to instructor.

346035-01	1 day	Tue	7/17	6:30-9:30pm	16+ yrs	\$38
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346035-02	1 day	Tue	8/14	9am-12pm	16+ yrs	\$38
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Improving PC Performance

Bob Cohen

Los Alamitos Community Center- Meeting Room/Craft Room
10911 Oak Street

Speed up your personal computer and keep it free of spyware, virus software and old files and applications that can slow it down. Students will learn valuable tips and techniques that can solve common computer problems and save you from long tech support calls or an upgrade that you do not need. The course also will cover the top ten things to know to keep your PC "tuned". \$20 supply fee payable to instructor.

346034-01	1 day	Wed	8/22	6:30-9:30pm	18+ yrs	\$38
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First Aid, CPR, AED Training

Erik Berg

Fire Station 48- Community Room, 3131 N. Gate Road

These classes are designed to teach individuals basic CPR, First Aid and use of an Automatic external defibrillator (AED). Participants will receive two cards; one from the American Safety and Health Institute and a card from Medic First Aid. Classes recommended by the following: First Aid Headquarters Departments of the Army, Navy, Coast Guard, Air Force and Commandant Marine Corps., U.S. Department of Homeland Security, U.S. Department of Labor Mine Safety, U.S. Department of Labor Occupational Safety and Health Administration, ASHI is also a member of the National First Aid Science Advisory Board co-founded by the American Red Cross and American Heart Association. \$25 book fee payable to instructor at first class meeting.

346031-01	1 day	Sat	6/16	9am-3pm	16+ yrs	\$45
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346031-02	1 day	Sat	7/21	9am-3pm	16+ yrs	\$45
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Line Dancing

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Let's kick up our heels and get moving! Join me in dancing both Latin and Country Line Dances, such as Mambo I, Boot Scoot Boogie, Red Hot Salsa and more! A great way to get fit while having fun! No Class 7/25

342027-01	6 weeks	Wed	7/11-8/22	6:30-7:15pm	18+ yrs	\$65
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Intermediate Ballroom

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Geared towards students with some basic dance experience, Intermediate Ballroom is the class for you! Refine the basics and add more step patterns to spice up your dancing! Partner not necessary. No Class 7/3

344021-01	6 weeks	Mon	7/9-8/20	8:30-9:30pm	18+ yrs	\$65
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Argentine Tango

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Join me in the passionate lovely dance from the streets of Buenos Aires. Learn ochos, ganchos, parada and more! Discover the "milongueo, milonguera" within! No Class 7/24

Level 2

342038-01	6 weeks	Tue	7/10-8/21	7:30-8:30pm	18+ yrs	\$65
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Level 1

342038-02	6 weeks	Tue	7/10-8/21	8:30-9:30pm	18+ yrs	\$65
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Adult Hip Hop

Anne Pennypacker
Marina Community Center- Large Room, 151 Marina Dr.

Let's get our bodies moving to the upbeat sounds of hip hop! Not only will this class be a fun way to get a workout, but a great way to look better on any dancefloor. No Class 7/25

342028-01	6 weeks	Wed	7/11-8/22	7:15-8:15pm	18+ yrs	\$65
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Nightclub Two Step

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Learn the basics as well as more complex patterns of this popular dance. Find out why it's such a favorite! *Partner not needed.* No Class 7/25

342025-01	6 weeks	Wed	7/11-8/22	8:15-9:15pm	18+ yrs	\$65
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Adult Tap

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

An amazing workout and fun at the same time! This class is for those who have always wanted to tap or have had fun tap dancing before. Explore various styles of tap, combinations and more. Tennis shoes, hard soled shoes or tap shoes are the best to wear for class. No Class 8/2

342026-01	6 weeks	Thu	7/12-8/23	7:15-8pm	18+ yrs	\$65
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Adult Ballet/Jazz

Anne Pennypacker
Marina Community Center- Large Room
151 Marina Dr.

Class will begin with floor warm-ups, ballet barre and center floor. Halfway through, we'll speed it up with various styles of jazz combinations, movements and a routine. Jazz or Ballet shoes recommended. No Class 8/2

342040-01	6 weeks	Thu	7/12-8/23	8-9pm	18+ yrs	\$65
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Ballroom & Latin Dancing

Anne Pennypacker
North Seal Beach Center
3333 Saint Cloud Dr.

Fee is per person/Saturday. Basic steps, leads and more complex moves of assorted styles of social dancing, guaranteed to get you through your next wedding reception or social function! This fun class and party will put you at ease on the dance floor! Learn the cha cha, rumba, salsa, swing, waltz and more! * Partners not needed!

342024-01	1 day	Sat	7/28	7:30-9:30pm	18+ yrs	\$15
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Jacki Sorensen's Fitness/ Dance Class

Martha Stegen
North Seal Beach Center
3333 Saint Cloud Dr.

Jacki Sorensen's Aerobic Dancing was the world's first aerobic dancing program, originating over 40 years ago. It's a progressive course that's choreographed specifically for non-dancers. In your Get-it-all-Together class you'll sway, stretch, crunch, squat, cha cha, waltz, samba and swing yourself into total body fitness while enjoying music from The Hot 100, Adult Contemporary, Latin, Rock'n Roll, Country, Hip Hop, and more! Our classes are effective, exciting and fun! Comfortable clothes, aerobic shoes, & a mat or towel are required. Light hand-held and/or ankle weights optional.

342030-01	8 weeks	Tue & Thu	6/19-8/9	4:30-5:30pm	16+ yrs	\$82
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Jazzercise

Mary Jo Fouche

Jazzercise gives you all the cardio, strength and stretch moves you want for a total body workout! And with all that, we've thrown in moves from hip-hop, yoga, Pilates, jazz dance, kickboxing and resistance training. All ages, levels and sizes welcome so come join us today! Please wear appropriate & sturdy athletic shoes. Bring a towel, weights, water, & a mat. No class 7/4 & 9/3

Marina Community Center, 151 Marina Dr.

342042-01	6 weeks	Tue/Thu Sat	6-7pm 8:30-9:30am	6/19-7/28	13+ yrs	\$70
342042-02	6 weeks	Tue/Thu Sat	6-7pm 8:30-9:30am	7/31-9/8	13+ yrs	\$70

North Seal Beach Center, 3333 St. Cloud Dr.

342044-01	Mon & Wed	6-7pm	6/18-7/25	13+ yrs	\$50
342044-02	Mon & Wed	6-7pm	7/30-9/5	13+ yrs	\$50

Beginning Pilates

Patricia Griswold, Seal Beach Senior Center
707 Electric Ave.

Geared for new students. The Pilates method of physical and mental conditioning will change your body to be fitter, stronger and more attractive by slimming muscles, increasing strength and flexibility, improving posture, body alignment and coordination. The Pilates Beginning program will be the most important session you will experience. New students are encouraged to attend all 20 classes. To see if you are a good fit for this class please call Patricia at (562) 366-4381. Please bring a floor mat. Classes are subject to cancellation if class minimum is not met.

342072-01	5 weeks	Fri	7/27-8/24	2:30-3:30pm	18+ yrs	\$52
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Intermediate Pilates

Patricia Griswold, Seal Beach Senior Center
707 Electric Ave.

For returning students ONLY. This class can only be taken by students who have completed the Pilates Beginning program. New students who have not trained with Patricia Griswold are welcome to try a free assessment class to determine if this would be the appropriate level for them. Intermediate level is a continuation of the fundamental work followed by more challenging exercises adding strength and coordination to the Pilates experience.

342069-01	5 weeks	Mon	6/11-7/9	11:30am-12:30pm	18+ yrs	\$52
342069-02	5 weeks	Mon	7/23-8/20	11:30am-12:30pm	18+ yrs	\$52

Advanced Pilates

Patricia Griswold
Seal Beach Senior Center, 707 Electric Ave.

For returning students ONLY. Expansion of beginning posture, alignment and flexibility. Please bring a floor mat. This conditioning class offers a blend of pilates, yoga, and ballet. Students will safely increase strength, flexibility and stamina. Proper breathing techniques will be taught. Come rebuild your core strength! Bring water and an exercise mat. Classes are subject to cancellation if class minimum is not met.

342071-01	5 weeks	Fri	7/27-8/24	1:15-2:15pm	18+ yrs	\$52
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Tai Chi Chih I

Suzanne Roady- Ross
Marina Community Center- Small Room
707 Electric Ave.

Reduce stress and experience peace within. A moving form of meditation based on ancient Chinese principles, these graceful flowing movements tone muscles, align the body & enhance flexibility while promoting a peaceful mind. In Chinese medicine, tai chi is used as a way to relax the body & allow the chi (vital energy) to flow, thereby promoting wellness.

342073-01	5 weeks	Mon	6/4-7/2	6:45-7:45pm	12+ yrs	\$42
342073-02	6 weeks	Mon	7/16-8/20	6:45-7:45pm	12+ yrs	\$50

Tai Chi Chih II

Suzanne Roady- Ross
Senior Center, 707 Electric Ave.

Refine your practice and deepen the benefits of this simple but powerful moving meditation. Reduce stress and experience peace within and thereby promoting wellness.

342077-01	5 weeks	Mon	6/4-7/2	5:30-6:30pm	12+ yrs	\$42
342077-02	6 weeks	Mon	7/16-8/20	5:30-6:30pm	12+ yrs	\$50

Hatha Yoga

Suzy Hazard
Seal Beach Senior Center
707 Electric Ave.

Hatha yoga is a series of gentle poses that stretch & strengthen your body; the breathing practices relax your mind. The combination brings your mind & body together to soothe the nervous system & bring you a sense of relaxation & renewal. Wear loose, comfortable clothing. Bring a sticky mat and/or beach towel.

342070-01	8 weeks	Tue	6/19-8/7	5:30-6:45pm	18+ yrs	\$62
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Aikido for Adults

Steve Wasserman
North Seal Beach Center, 3333 Saint Cloud Dr.

This course focuses on the art of "Aikido" self-defense. Aikido translates to "the way of harmonizing the spirit". Students will learn the principles of falling, rolling, and defense techniques against punches, strikes, knife attacks, control and blending with your opponent, mat safety, and self-defense awareness. Wear sweats and no jewelry. Martial arts gi are optional and can be purchased separately (\$40- \$65). Belt testing is optional (\$40). All students that attend the classes must have the ability to roll and fall at a moderate pace and will be allowed to participate only per instructor's discretion. Some Saturday's to be announced 9:30am-10:30am. No Class 7/4

342050-01	11 weeks	Mon & Wed	6/11-8/29	7:30-9:30pm	18+ yrs	\$130
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CrossFit Elements

Bryce Turner
Marina Community Center- Large Room
151 Marina Dr.

CrossFit is an empirically driven, clinically tested and community developed strength and conditioning program. These dedicated trainers want their clients to become stronger, leaner, faster, and more coordinated. We are an assembly of dedicated trainers who want our clients to become stronger, leaner, faster, and more coordinated. We mix gymnastics (body control), weightlifting (control of external objects), and cardiovascular training (endurance & strength) in as many ways as possible. The workouts are always challenging and never boring. Each workout is scaled by load and intensity but not by kind. All fitness levels from college athletes to grandmothers can participate in the same class.

342061-01	6 weeks	Mon	6/11-7/16	6-7pm	12+ yrs	\$59
342061-02	6 weeks	Mon	7/23-8/27	6-7pm	12+ yrs	\$59

BeachFit Moms

Bryce Turner
Seal Beach Pier
Main Street and Ocean

BeachFit Moms gives pregnant women & moms the opportunity to workout in an environment that promotes healthy living for them and their children. BeachFit Moms was created with the idea of getting REAL results by looking at 5 major components of health and fitness (Strength, Endurance, Flexibility, Diet/Nutrition and Mind/Body relationship), combined you will learn how to live more fit and healthy.

342063-01	6 weeks	Tue & Thu	6/12-7/19	9:30-10:30am	18+ yrs	\$99
342063-02	6 weeks	Tue & Thu	7/24-8/30	9:30-10:30am	18+ yrs	\$99

Over-The-Line Softball Tournament

Russ Johnson
\$45/per team
Seal Beach, 1st St @ Ocean Ave

Join other softball buffs who love this adaptive game of 3-on-3 fun at the beach. Men's Advanced, Men's Novice and Co-ed competition available. Bring your sunscreen, favorite beach chair and umbrella and your competitive, fun spirit.

343130-01	1 day	Sun	5/6	9am-4pm	14+ yrs	\$45
343130-02	1 day	Sun	6/3	9am-4pm	14+ yrs	\$45
343130-03	1 day	Sun	6/24	9am-4pm	14+ yrs	\$45
343130-04	1 day	Sun	7/1	9am-4pm	14+ yrs	\$45

Beach Boot Camp

Bryce Turner
\$150/10 class punch card
Seal Beach - 10th St @ Ocean Ave

Join Seal Beach's exclusive Beach Boot Camp and get that beach body you have always wanted. Beach Boot Camp is a kick-your-butt workout that will leave you sore, but begging for more! Work with our expert trainers to tighten and tone your ENTIRE body with this INTENSE workout. CAUTION: This workout contains CARDIO, STRENGTH TRAINING, and a BUTT KICKIN'! Notify Bryce at bryce@beachfitness.com 24 hours in advance which day(s) you will be attending. No- shows will be charged 2 class meetings the following class. No class 7/4

342062-01	10 weeks	Mon- Thurs	6/18-8/25	6-7pm	12+ yrs	\$150
		Sat		8-9am		
		Sat		9-10am		

Open Gym Volleyball

Maria Fattal
McGaugh Campus, 1698 Bolsa Ave

Co-ed Volleyball Open Gym is offered on Wednesday evenings from 7-9pm at McGaugh gym. This program is for individuals looking to play extra volleyball games on a recreational level. \$4 collected at the door per person. The gym and play is supervised by experienced volleyball professionals. Multiple courts are available based on skill level. Pre-registration is not required. For additional information please call (562) 431-2527 x: 1341.

343060-01	Wed	6/20-8/29	7-9:30pm	18+ yrs	\$4
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Basketball League

\$350 per team for a 10 game season, plus \$25 per game for referees. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or E-mail at Mlee@sealbeachca.gov.

Softball League

\$400 per team. For more information, contact Marquis Lee in the Community Services Department at (562) 431-2527 ext: 1307, or E-mail Mlee@sealbeachca.gov.

Seal Beach Recreation Scholarship Program

Interested in signing up for a Recreation class but can't afford it? Thanks to local community groups who have graciously donated funds, the City of Seal Beach offers scholarships to low-income residents (toddlers, teens, and seniors). Pick up a scholarship application at the Community Services Department. Apply today, funds are limited.



2012 Seal Beach Junior Lifeguard Program

Summer is right around the corner and so is another exciting session of Junior Lifeguards! All Junior Lifeguards, both new and returning must pass a swim test before registering for the summer. The swim test will consist of a 100 yard swim that must be completed within:

- 1:55 – 'C' group (9-11)
- 1:40 – 'B' group (12-13)
- 1:35 – 'A' group (14-17)

All swim tests will be held at McGaugh Elementary School- 1698 Bolsa Ave. (corner of Bolsa Ave. and Seal Beach Blvd.). All swim tests must be conducted by Seal Beach Junior Lifeguard Program staff. Any times not verified by program staff will not be considered.

Returning Junior Guards

Date	Time
Saturday, May 5	7am-10am
Saturday, May 12	7am-10am

If you can not make one of the Returning JG swim test dates you must test during one of the New Junior Guard dates.

New Junior Guards*:

Date	Time
Tuesday, May 29	5pm-7pm
Thursday, May 31	5pm-7pm
Saturday, June 2	7am-10am

*Passing the swim test does not guarantee a spot in the program (except for returning Junior Guards). All NEW participants must register Saturday, June 16th at Lifeguard Headquarters.

For additional program information, please visit www.sealbeachca.gov/living/lifeguard/information or call (562) 431-2527 ext. 1206.

Jr. Guard "Last Chance" Class

Beach Lifeguards
McGaugh Campus, 1698 Bolsa Ave

Intensive two week class designed to give your child an extra opportunity for stroke work and endurance training before the Junior Guard Swim Test. This class is open to new and returning Junior Lifeguards. Participants will be tested at the last class and it counts towards the Junior Guard Swim Test! Space is limited - only 40 spots available.

**Completion of this class does not guarantee a spot in the 2012 Junior Lifeguard Program, unless participant is a returning Junior Lifeguard. New participants must register at Junior Lifeguard Registration on Saturday, June 16 at Lifeguard Headquarters (888 Ocean Ave).

224032-01	2 weeks	Mon-Fri	5/29-6/8	6-7pm	\$65
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Daily Surf Lessons with Chas

No classes offered 7/2, 7/3, 7/4, 7/5, 7/6, 8/20, 8/21, 8/22, 8/23, 8/24

367050-10	Daily	6/18-8/31	9am-1pm	All Ages	\$62
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Chas Summer Surf Pass

Chas Wickwire, Seal Beach, 1st St @ Ocean Ave.

Summer passes are good for participation in all sessions. Block out dates 7/2, 7/3, 7/4, 7/5, 7/6, 8/20, 8/21, 8/22, 8/23, 8/24

367051-01	9 weeks	Mon-Fri	6/27-9/2	9am-1pm	All Ages	\$552
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Chas Surf Camp

Chas Wickwire, Seal Beach, 1st St @ Ocean Ave.

Chas is a two-time National Amateur Surfing Champion with over 31 years of surfing experience. With a B.A. in communication, Chas will share his surfing knowledge in a positive, safe, fun-filled environment. Courses teach basic ocean knowledge, line-up etiquette, surfing techniques and good safety habits. All ages are welcome! Surfboards & wetsuits provided.

367050-01	1 week	Mon-Fri	6/18-6/22	9am-1pm	All Ages	\$252
367050-02	1 week	Mon-Fri	6/25-6/29	9am-1pm	All Ages	\$252
367050-03	1 week	Mon-Fri	7/9-7/13	9am-1pm	All Ages	\$252
367050-04	1 week	Mon-Fri	7/16-7/20	9am-1pm	All Ages	\$252
367050-05	1 week	Mon-Fri	7/23-7/27	9am-1pm	All Ages	\$252
367050-06	1 week	Mon-Fri	7/30-8/3	9am-1pm	All Ages	\$252
367050-07	1 week	Mon-Fri	8/6-8/10	9am-1pm	All Ages	\$252
367050-08	1 week	Mon-Fri	8/13-8/17	9am-1pm	All Ages	\$252
367050-09	1 week	Mon-Fri	8/27-8/31	9am-1pm	All Ages	\$252



M&M Surf Camps

Michael Pless, Seal Beach, 8th St. @ Ocean Ave

Michael Pless, owner and operator of M & M Surfing School has been teaching for 27 years and has 49 years of surfing experience. This supervised program is designed to teach beginning and intermediate surfing to small groups with emphasis on safety first, in a fun-filled environment. All instructors are CPR, 1st Aid and Water Safety Certified. Register through the Community Services Office, registration will not be accepted at the class.

367061-01	1 week	Mon-Fri	6/11-6/15	8am-2pm	All Ages	\$250
367061-02	1 week	Mon-Fri	6/18-6/22	8am-2pm	All Ages	\$250
367061-03	1 week	Mon-Fri	6/25-6/29	8am-2pm	All Ages	\$250
367061-04	1 week	Mon-Fri	7/2-7/6	8am-2pm	All Ages	\$250
367061-05	1 week	Mon-Fri	7/9-7/13	8am-2pm	All Ages	\$250
367061-06	1 week	Mon-Fri	7/16-7/20	8am-2pm	All Ages	\$250
367061-07	1 week	Mon-Fri	7/23-7/27	8am-2pm	All Ages	\$250
367061-08	1 week	Mon-Fri	7/30-8/3	8am-2pm	All Ages	\$250
367061-09	1 week	Mon-Fri	8/6-8/10	8am-2pm	All Ages	\$250
367061-10	1 week	Mon-Fri	8/13-8/17	8am-2pm	All Ages	\$250
367061-11	1 week	Mon-Fri	8/20-8/24	8am-2pm	All Ages	\$250
367061-12	1 week	Mon-Fri	8/27-8/31	8am-2pm	All Ages	\$250

M&M Surf – Private Lessons

\$80/hr

Call Michael Pless at (714) 846-7873 for schedule your private surf lesson.

Community Pool

McGaugh School • 1698 Bolsa Ave, Seal Beach Blvd. • Pool Office (562) 430-9612
Community Services Office (562) 431-2527

The McGaugh Pool was built in 1964. It is 25 yards in length and has six lanes open for lap swimming. The water temperature is maintained at 80 degrees and an outdoor, warm water shower with limited dressing rooms are available.

Summer Adult & Youth Lap Swim

This is an ongoing fitness/workout program for lap swimming. Pool is closed on national holidays. All passes must be purchased at City Hall in the Community Services Department.

Days	Time	Ages	Fees
Monday-Friday	5:30am – 7am	Adult /16+ yrs	Daily fee: \$3 16 swim pass: \$40 34 swim pass: \$80 Unlimited Annual pass: \$200 (No guests)
Monday-Friday	11am – 1pm	Adult /16+ yrs	
Monday-Friday	*6:30pm – 8pm	Adult /16+ yrs	
Saturday & Sunday	8am – 12 Noon	Adult /16+ yrs	Daily fee: \$2 16 swim pass: \$32
Monday-Friday	6pm – 6:30pm	Youth	
Saturday & Sunday	8am – 9am	Youth	

* 7pm-8:30pm 4/2-6/8

Private Swim Lessons

Please call the Community Services Department at (562) 431-2527 x1341 for more information.

Seal Beach Swim Team

The Seal Beach Swim Team is a privately operated team that conducts practices at McGaugh Community Pool. For Swim Team information, call Maria Fattal, a parent volunteer, directly at (562) 430-1092.

Recreation Swim

Recreation swim is open to anyone who is interested in enjoying a fun afternoon at the pool. The pool is supervised by experienced staff and provides a great opportunity to enjoy fun aquatics programming. An entry fee is collected for every person who enters the pool deck, including spectators.

June 18-August 23	Mon- Fri	1-2:30pm
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Family Swim

Family swim is an opportunity for friends and family to enjoy recreation swim and have a great time at the Seal Beach Community Pool. Children must be accompanied by a parent.

July 8, 15, 22, 29 August 5, 12, 19	Sunday	3:30-5:30pm
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Deep Water Aerobics

Cheryl von der Hellen
McGaugh Campus, 1698 Bolsa Ave.

This deep water exercise develops total fitness. You must purchase your own buoyancy cuffs to participate in class. Call Recreation office for details. You will burn calories while improving endurance, flexibility and strength. 2 days per week. No Class 7/4

344010-01	5 weeks	Mon & Wed	6/11-7/11	5:30-6:30pm	18+ yrs	\$55
344010-02	5 weeks	Mon & Wed	7/30-8/29	5:30-6:30pm	18+ yrs	\$55

Shallow Water Aerobics

Mindie Dafforn
McGaugh Campus, 1698 Bolsa Ave.

Looking for a new style of exercise? This is for you! It will help you slim down & shape up. A high energy workout designed to increase cardiovascular strength, tone as well as increase flexibility; the water resistance creates a workout twice as effective as land aerobics. All fitness levels will benefit. No prerequisite for swimming ability.

344011-01	5 weeks	Tue/Thu	6/12-7/12	5:30-6:30pm	15+ yrs	\$55
344011-02	5 weeks	Tue/Thu	7/24-8/23	5:30-6:30pm	15+ yrs	\$55

Job Opportunities

The City of Seal Beach is currently looking for individuals interested in applying for employment with the City of Seal Beach aquatics department. Information is available at www.sealbeachca.gov.

47th Annual All City Swim Meet August 11 at 8 a.m. • McGaugh Pool

Join us for the 47th Annual All-City Swim Meet and penny pitch on August 11 at 8 a.m. The pool will be open at 7:30am for swimmers to do warm-ups. There is a \$10 entry fee per person. Turn your applications in at the McGaugh Pool or the Community Services Department located at City Hall. Entry applications must be turned in by Friday, August 3 at 5pm. Non-swim team contestants may enter all Novice Events in their age group. Seal Beach Swim Team members must enter in Open Events. All participants 19 and older may only participate in the open class. Scoring is done using a points system.

Swim Lessons

Summer swim classes are 9 day sessions (Mon- Fri & Mon- Thurs) classes are 30 minutes. Resident fee is \$40 for per child and non- resident fee is \$60 for per child.

Make- up classes are not offered unless classes are cancelled due to a pool closure. If a pool closure does occur, classes are made-up on the second Friday of the session. If two cancellations occur during one session, the City will provide complimentary recreation swim vouchers.

Parents are respectfully requested to observe swim lessons in the spectator area provided outside the pool deck. Only children currently enrolled in a lesson are permitted on the deck. The pool manager reserves the right to transfer any participant to a class that is more appropriate for the swimmers skill level.

Parent & Me (6 Months – 3 Years)

To promote comfort, safety and enjoyment in and around the water. One adult per child required.

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
314020-01	314020-03	314020-05	314020-07	314020-09	11:30am- 12noon
314020-02	314020-04	314020-06	314020-08	314020-10	4:30pm- 5:00pm

Introduction to Water 3-5 Years

To introduce swimming & water safety skills to children of preschool ages through the use of games and skill practice.

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
314021-01	314021-12	314021-23	314021-34	314021-45	9:00am- 9:30am
314021-02	314021-13	314021-24	314021-35	314021-46	9:30am-10:00am
314021-03	314021-14	314021-25	314021-36	314021-47	10:00am- 10:30am
314021-04	314021-15	314021-26	314021-37	314021-48	10:30am- 11:00am
314021-05	314021-16	314021-27	314021-38	314021-49	11:00am- 11:30am
314021-06	314021-17	314021-28	314021-39	314021-50	11:30am- 12:00pm
314021-07	314021-18	314021-29	314021-40	314021-51	12:00pm- 12:30pm
314021-08	314021-19	314021-30	314021-41	314021-52	3:00pm- 3:30pm
314021-09	314021-20	314021-31	314021-42	314021-53	3:30pm- 4:00pm
314021-10	314021-21	314021-32	314021-43	314021-54	4:00pm- 4:30pm
314021-11	314021-22	314021-33	314021-44	314021-55	4:30pm- 5:00pm

Swim Lesson Registration

Registration will take place in the Community Services Office in City Hall. Resident registration at 9am. Non-residents registration at 11am. Swim classes are taught at McGuagh Campus, 1698 Bolsa Ave. Late registration for each session will be accepted in City Hall Monday- Friday, 9am- 5pm (closed 12-1pm for lunch), after original enrollment dates.

Registration Session Class Dates

Registration Date	Session	Class Dates
Friday, June 8	1	June 18 - June 28
Friday, June 8	2	July 2 - July 13 *No class July 4
Friday, July 6	3	July 16 - July 26
Friday, July 6	4	July 30 - August 9
Friday, August 3	5	August 13 - August 23

Pool Party Rentals

Pool party reservations are only available from June 2nd through September 16th. Please call for exact dates.

Information: Enjoy a private pool party for your group, organization or birthday celebration. Pool Party Rentals have a two hour minimum on Saturdays and Sundays only. Rental times and dates are available in the Community Services Office or by calling (562) 431-2527 x: 1307.

Reservations: All paperwork and reservations must be handled through the community services department. You must submit a pool party application and FULL payment in order to reserve a time slot. There will be a fee of \$25 for date changes and cancellations.

Pool Rental Fees	1 Lifeguard (1-20 swimmers and non-swimmers)	2 Lifeguards (21-40 swimmers and non-swimmers)
Seal Beach Resident	\$150 (per 2 hr time slot)	\$180 (per 2 hr time slot)
Non- Resident	\$180 (per 2 hr time slot)	\$210 (per 2 hr time slot)

Beginner Levels 1,2,3

Students will be introduced to the primary skills of body position, proper kicking, effective strokes and timing of side breathing for freestyle/crawl. Time and skills permitting elementary backstroke is introduced in Level 3. Progressive advancement through levels are taught in the shallow, short end, of the pool.

Level 1

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
324021-01	324021-11	324021-21	324021-31	324021-41	9:00am- 9:30am
324021-02	324021-12	324021-22	324021-32	324021-42	9:30am-10:00am
324021-03	324021-13	324021-23	324021-33	324021-43	10:00am- 10:30am
324021-04	324021-14	324021-24	324021-34	324021-44	10:30am- 11:00am
324021-05	324021-15	324021-25	324021-35	324021-45	11:00am- 11:30am
324021-06	324021-16	324021-26	324021-36	324021-46	12:00pm- 12:30pm
324021-07	324021-17	324021-27	324021-37	324021-47	3:00pm- 3:30pm
324021-08	324021-18	324021-28	324021-38	324021-48	3:30pm- 4:00pm
324021-09	324021-19	324021-29	324021-39	324021-49	4:00pm- 4:30pm
324021-10	324021-20	324021-30	324021-40	324021-50	4:30pm- 5:00pm

Level 2

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
324022-01	324022-11	324022-21	324022-31	324022-41	9:00am- 9:30am
324022-02	324022-12	324022-22	324022-32	324022-42	9:30am-10:00am
324022-03	324022-13	324022-23	324022-33	324022-43	10:00am- 10:30am
324022-04	324022-14	324022-24	324022-34	324022-44	10:30am- 11:00am
324022-05	324022-15	324022-25	324022-35	324022-45	11:00am- 11:30am
324022-06	324022-16	324022-26	324022-36	324022-46	12:00pm- 12:30pm
324022-07	324022-17	324022-27	324022-37	324022-47	3:00pm- 3:30pm
324022-08	324022-18	324022-28	324022-38	324022-48	3:30pm- 4:00pm
324022-09	324022-19	324022-29	324022-39	324022-49	4:00pm- 4:30pm
324022-10	324022-20	324022-30	324022-40	324022-50	4:30pm- 5:00pm

Level 3

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
324023-01	324023-11	324023-21	324023-31	324023-41	9:00am- 9:30am
324023-02	324023-12	324023-22	324023-32	324023-42	9:30am-10:00am
324023-03	324023-13	324023-23	324023-33	324023-43	10:00am- 10:30am
324023-04	324023-14	324023-24	324023-34	324023-44	10:30am- 11:00am
324023-05	324023-15	324023-25	324023-35	324023-45	11:00am- 11:30am
324023-06	324023-16	324023-26	324023-36	324023-46	3:00pm- 3:30pm
324023-07	324023-17	324023-27	324023-37	324023-47	3:30pm- 4:00pm
324023-08	324023-18	324023-28	324023-38	324023-48	4:00pm- 4:30pm
324023-09	324023-19	324023-29	324023-39	324023-49	4:30pm- 5:00pm

The ABCs of Pool Safety

Whether you're at a community pool or in your own backyard, knowing the ABCs of pool safety can help you keep summertime fun when kids are in the water.

A: Adult Supervision, Assign a "Water Watcher"!

B: Barriers, Install Fencing!

C: Classes, Learn CPR!

Learn more at www.abcpoolsafety.org

Level 4 – Stroke Improvement

Overarm backstroke and breaststroke are introduced. Introduction of CPR & rescue breathing will also be covered. Students will be required to swim 25 yards using rhythmic breathing. Student must be proficient in free style & backstroke & able to swim unassisted the length of the pool.

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
324024-01	324024-11	324024-21	324024-31	324024-41	9:00am- 9:30am
324024-02	324024-12	324024-22	324024-32	324024-42	9:30am-10:00am
324024-03	324024-13	324024-23	324024-33	324024-43	10:00am-10:30am
324024-04	324024-14	324024-24	324024-34	324024-44	10:30am- 11:00am
324024-05	324024-15	324024-25	324024-35	324024-45	3:00pm- 3:30pm
324024-06	324024-16	324024-26	324024-36	324024-46	3:30pm- 4:00pm
324024-07	324024-17	324024-27	324024-37	324024-47	4:00pm-4:30pm
324024-08	324024-18	324024-28	324024-38	324024-48	4:30pm- 5:00pm

Level 5 – Stroke Refinement

Freestyle, backstroke and breaststroke will be refined. Emphasis will be on proper stroke techniques.

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
324025-01	324025-11	324025-21	324025-31	324025-41	9:00am- 9:30am
324025-02	324025-12	324025-22	324025-32	324025-42	9:30am-10:00am
324025-03	324025-13	324025-23	324025-33	324025-43	10:00am-10:30am
324025-04	324025-14	324025-24	324025-34	324025-44	3:00pm- 3:30pm
324025-05	324025-15	324025-25	324025-35	324025-45	3:30pm- 4:00pm
324025-06	324025-16	324025-26	324025-36	324025-46	4:00pm-4:30pm

Level 6 – Skill Proficiency

Class will stress proper stroke efficiency & endurance. Butterfly is also introduced. Students will learn and practice the various lifesaving skills.

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
324026-01	324026-11	324026-21	324026-31	324026-41	9:00am- 9:30am
324026-02	324026-12	324026-22	324026-32	324026-42	9:30am-10:00am
324026-03	324026-13	324026-23	324026-33	324026-43	10:00am-10:30am
324026-04	324026-14	324026-24	324026-34	324026-44	3:00pm- 3:30pm
324026-05	324026-15	324026-25	324026-35	324026-45	3:30pm- 4:00pm
324026-06	324026-16	324026-26	324026-36	324026-46	4:00pm-4:30pm

Level 7– Advanced Skill Proficiency

Students will demonstrate various lifesaving skills and stroke perfection and endurance. Laps and aerobic fitness will be emphasized.

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
		324027-01	324027-03		9:00am- 9:30am
		324027-02		324027-04	4:00pm-4:30pm

Adult Stroke Refinement

This class is for adults with swim experience. Participants must be at a level 5 or 6 to qualify for the class.

SESSION 1 6/18-6/28	SESSION 2 7/2-7/13	SESSION 3 7/16-7/26	SESSION 4 7/30-8/9	SESSION 5 8/13-8/23	TIME
		324028-01	324028-02	324028-03	10:30am- 11:00am

Classes taught by Seal Beach Community Services and USPTA Certified Tennis Pro Instructor Brian Collison. Players must bring their own tennis racquet and wear tennis shoes to class. Classes may be combined or cancelled if minimum is not met. New classes may be created if maximums are exceeded. Players may request particular Class Titles, Times, and Locations if courts are available and minimums are met. Please contact Seal Beach Community Services Department for availability (562) 431-2527 x 1307.

Tennis Camps at Marina Park

151 Marina Drive - (562) 431-2527 x1307

CLASS #	DAY	CLASSTITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
323010-01	Monday- Friday	Tennis Camp	1	6/25-6/29	1	9-10:30am	6-10 yrs	\$105	3	10
323010-02			2	7/9-7/13	1	9-10:30am	6-10 yrs	\$105	3	10
323010-03			3	7/23-7/27	1	9-10:30am	6-10 yrs	\$105	3	10
323010-04			4	8/6-8/10	1	9-10:30am	6-10 yrs	\$105	3	10

Tennis Camps at Heather Park

Corner of Heather and Lampson - (562) 431-2527 x1307

CLASS #	DAY	CLASSTITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
323011-01	Monday- Friday	Tennis Camp	1	7/16-7/20	1	9-10:30am	6-10 yrs	\$105	3	10
323011-02			2	7/30-8/3	1	9-10:30am	6-10 yrs	\$105	3	10
323011-03			3	8/13-8/17	1	9-10:30am	6-10 yrs	\$105	3	10

Tennis Classes at the Seal Beach Tennis Center

3900 Lampson Ave - (562) 598-8624 - Open to the Public

CLASS #	DAY	CLASSTITLE	Session	DATES	WEEKS	TIME	AGE	PRICE	MIN	MAX
333020-01	Tuesday	Toddlers Beg	1	6/26-8/21*	8	3:30-4pm	5-7 yrs	\$56	3	10
333021-01		Juniors Beg	1	6/26-8/21*	8	4-5pm	8-10 yrs	\$112	3	10
333021-02		Juniors Beg	1	6/26-8/21*	8	5-6pm	11-14 yrs	\$112	3	10
333022-01		Adults Beg	1	6/26-8/21*	8	6-7pm	18+ yrs	\$112	3	10
333020-02	Thursday	Toddlers Adv	1	6/28-8/23*	8	3:30-4pm	5-7 yrs	\$56	3	10
333021-03		Juniors Adv	1	6/28-8/23*	8	4-5pm	8-10 yrs	\$112	3	10
333021-04		Juniors Adv	1	6/28-8/23*	8	5-6pm	11-14 yrs	\$112	3	10
333022-02		Adults Adv	1	6/28-8/23*	8	6-7pm	18+ yrs	\$112	3	10

* No Class 7/3 & 7/5

The City of Seal Beach Public Tennis Center

General Public Hours of Operation:

Monday- Friday 12:00pm-9:30pm
Saturday & Sunday 12:00pm- 5:30pm

Reservations:

General Public may reserve courts
four days ahead of time
(Monday call for Thursday)

Court Fees

12:00pm- 5:00pm – \$10 per hour per court.
5:00pm- 9:30pm – \$12 per hour per court.
Seal Beach Residents save \$2 per hour per court.
Junior rates – \$5 per hour per court
(17 & under).

The adult rate applies if junior and adult play together.

Ball Machine

\$16.00 per hour. Member receives ½ off.

Full Service pro shop

24- Hour Racquet Stringing.

Club house available for rental, call (562) 598-8624.

Private and group lessons available from USPTA instructors. Personal training sessions available in the tennis center gym.

Interested in becoming a member? Call (562) 598-8624

BounceU – Create & Bounce Summer Camps

Bounce U Staff
Bounce U
5445 Oceanus Dr.

This program gives children a daily balance of playtime and artistic expression- a perfect tandem for any growing imagination. In addition to bouncing & exploring their inner artists, kids enjoy an array of games and activities. Daily snack and pizza party on Wednesday. \$20 material fee payable to Bounce U at first day of camp.



313140-01	3 days	Mon-Wed	6/25-6/27	9am-2pm	4-10 yrs	\$95
313140-02	3 days	Mon-Wed	7/2-7/4	9am-2pm	4-10 yrs	\$95
313140-03	3 days	Mon-Wed	7/9-7/11	9am-2pm	4-10 yrs	\$95
313140-05	3 days	Mon-Wed	7/23-7/25	9am-2pm	4-10 yrs	\$95
313140-06	3 days	Mon-Wed	7/30-8/1	9am-2pm	4-10 yrs	\$95
313140-07	3 days	Mon-Wed	8/6-8/8	9am-2pm	4-10 yrs	\$95
313140-08	3 days	Mon-Wed	8/13-8/15	9am-2pm	4-10 yrs	\$95
313140-09	3 days	Mon-Wed	8/20-8/22	9am-2pm	4-10 yrs	\$95

Art

Fashion Sketching 1 & 2

Claudia Hindu
Fire Station 48-Community Room
3131 N. Gate Road

Claudia Hindu teaches students to develop their own style of fashion illustration with pencil, markers, and water colors. Students will learn to draw women, men, and children's fashion models used as a basis for drawing the idealized proportions. Students will also learn how to draw flats. No prerequisite required. \$25 material fee payable to instructor at first class meeting.

312032-01	5 weeks	Tue	6/26-7/24	10am-12pm	9+ yrs	\$108
312032-02	5 weeks	Tue	7/31-8/28	10am-12pm	9+ yrs	\$108

Art Camps with Mrs. B!

Brenda Benveniste
Marina Community Center-Small Room
151 Marina Dr.

In these Wildlife Art Summer Camps, students will develop a meaningful connection between the world of nature, one's enthusiasm, energy and affection for these living creatures and their expression of them in Visual Arts. Artists will receive a high level of information for creative thinking, artistic confidence and freedom for expression. The focus is on drawing techniques and elements, insight of the valuable process of art, appreciation of individual style and the knowledge of color application. Only professional art mediums are used with high quality papers and canvas. No experience needed. \$30 material fee payable to instructor on the first day of camp (includes snack). For more information check out Brenda Benveniste's website: www.insideoneart.com

Artists will create brilliant sea life and ocean animals.

326024-01	Mon-Thu	8/13-8/16	9:30am-12:30pm	5-12 yrs	\$165
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Artists will compose pieces of the most majestic animals in the world.

326024-02	Mon-Thu	8/13-8/16	1-4pm	5-12 yrs	\$165
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Teen Open Art Studio

Brenda Benveniste, Marina Community Center -Small Room
151 Marina Dr.

In this unique open art studio workshop, participants will work on subjects which are of interest to them, and with one on one instruction will develop their own style while learning the elements and techniques of composition. High level professional materials from charcoal to oil are available to participants, as well as, individualized instruction as you work at their own pace. \$30 material fee payable to instructor on the first day of camp (includes a snack). For more information check out Brenda Benveniste's website: www.insideoneart.com.

326025-01	4 days	Mon-Thu	8/13-8/16	4:30-7pm	12+ yrs	\$165
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Art Playground for Preschoolers

Easel Does It Staff, Marina Park, 151 Marina Dr. (new)

Young artists, let your creative bug take over and your imagination will climb to new heights! Each day, campers will enjoy art-inspired stories, craft projects, and a snack provided by Easel Does It! Children will experience new arts & crafts stations every day, taking home their fabulous masterpieces for the whole family to admire. Wear paint clothes each day-getting messy is part of the fun! Campers must be potty-trained. Parent participation is not required. \$15 material fee payable to instructor the first day of class. Easeldoesit.net

311040-01	1 weeks	Mon-Fri	8/20-8/24	9:30-11:30am	3-6 yrs	\$175
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Skateboard & Scooter

Skatedogs Skateboard & Scooter Camp

Adam Cohen, Little Cottonwood Park, 4000 Farquhar

Whether you are just learning, or ready to learn more advanced tricks, this camp is right for you. Make new friends, advance your skills, and most importantly, have fun in our private skatepark. All campers will receive a Skatedogs t-shirt. Bring a snack and plenty of water. Requirements: A signed Skatedogs waiver form, a skateboard or scooter, knee pads, elbow pads, and a helmet.

Skateboard

323150-01	1 week	Mon-Fri	7/16-7/20	3:30-6:30pm	6-12 yrs	\$164
323150-02	1 week	Mon-Fri	7/23-7/27	8:30-11:30am	6-12 yrs	\$164
323150-03	1 week	Mon-Fri	8/6-8/10	8:30-11:30am	6-12 yrs	\$164
323150-04	1 week	Mon-Fri	8/20-8/24	8:30-11:30am	6-12 yrs	\$164

Scooter

323151-01	1 week	Mon-Fri	7/16-7/20	3:30-6:30pm	6-12 yrs	\$164
323151-02	1 week	Mon-Fri	7/23-7/27	8:30-11:30am	6-12 yrs	\$164
323151-03	1 week	Mon-Fri	8/6-8/10	8:30-11:30am	6-12 yrs	\$164
323151-04	1 week	Mon-Fri	8/20-8/24	8:30-11:30am	6-12 yrs	\$164

Volleyball

Coed Beg Volleyball

Maria Fattal, McGaugh Campus, 1698 Bolsa Ave

Learn to play volleyball this summer! Basic skills of passing, setting, hitting, and underhand as well as overhand serving will be taught then reinforced in games. No Class 7/4

Beginning

333060-01	9 weeks	Mon	6/18-8/13	3:30-5:30pm	8-14 yrs	\$150
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Beginning/Intermediate

333060-02	9 weeks	Wed	6/20-8/22	3:30-5:30pm	8-14 yrs	\$150
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Coed Int/Adv Volleyball

Maria Fattal, McGaugh Campus, 1698 Bolsa Ave

Perfect your volleyball skills and learn how to run a 6-2 offense. Class consists of a warm-up, skills work, and a half-hour of playing. For players who play on 8th grade school teams or club teams or by instructor's approval, please email sbvbcmaria@yahoo.com or call 562-430-1092 with experience.

333061-01	4 weeks	Tue & Thu	7/3-8/2	3:30-5:30pm	12-16 yrs	\$200
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Coed Beach Volleyball

Maria Fattal

Seal Beach- Courts on the South Side of the Pier, 10th St @ Ocean Ave

Dive into the sand for summer volleyball action! Experienced coaches from Seal Beach Volleyball Club will lead four, one-week camps. Fundamentals taught then reinforced in games.

333063-01	1 week	Mon- Fri	6/18-6/22	9-11am	10-16 yrs	\$100
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333063-02	1 week	Mon- Fri	6/25-6/29	9-11am	10-16 yrs	\$100
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333063-03	1 week	Mon- Fri	7/9-7/13	9-11am	10-16 yrs	\$100
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333063-04	1 week	Mon- Fri	7/16-7/20	9-11am	10-16 yrs	\$100
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Skyhawk Sports



Mini-Hawk

Skyhawks Sports Staff, Heather Park, Heather St @ Lampson Ave.

This multi- sport program was developed to give 4 to 7 year-olds a positive first step into athletics. Soccer, baseball, and basketball are taught in a safe, structured environment filled with encouragement and fun. Through games and activities, campers explore balance, hand/eye coordination, and skill development at their own pace. All participants receive a t-shirt and merit award. The participant-to-coach ratio is approximately 8:1. Participants should bring appropriate clothing, two snacks, a water bottle, running shoes and sunscreen.

323180-01	1 week	Mon- Fri	7/23-7/27	9am-12pm	4-7 yrs	\$145
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Play-Well TEKnologies

Pre-Engineering Fundamentals

Play-Well TEKnologies Staff

Marina Community Center-Large Room, 151 Marina Dr.

Create, Play, and Learn. Build a town, city, or star base with houses, buildings, pyramids, bridges, tunnels, towers, and more. Build motorized cars, trains, buses, and trucks; race them; crash them; repair them. Explore the many possibilities of LEGO building systems while learning useful construction techniques.

313050-01	1 week	Mon-Fri	6/18-6/22	9am-12pm	5-6 yrs	\$187
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313050-02	1 week	Mon-Fri	6/25-6/29	1-4pm	5-6 yrs	\$187
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Engineering Fundamentals

Play-Well TEKnologies Staff

Marina Community Center-Large Room, 151 Marina Dr.

Learn how to design and build motorized machines, houses, pyramids, bridges, catapults, buildings, and other constructions with LEGO. Experienced students will be given new projects.

313051-01	1 week	Mon-Fri	6/18-6/22	1-4pm	7-12 yrs	\$187
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313051-02	1 week	Mon-Fri	6/25-6/29	9am-12pm	7-12 yrs	\$187
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Dance



Hip Hop Dance Camp

Anne Pennypacker

Marina Community Center-Large Room, 151 Marina Dr.

High energy, pumping music and tons of fun! This camp will not only get everyone dancing to upbeat (and appropriate) music, but we'll throw down mats and do some tumbling too. We'll make our own Breakin' Funky T-Shirts to perform in at weeks end! \$15 material fee payable to instructor at first class.

327043-01	1 week	Mon-Fri	7/9-7/13	9:30am-12pm	5-12 yrs	\$118
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Rockstar Popstar Super Camp!

Anne Pennypacker

Marina Community Center-Large Room
151 Marina Dr.

C-mon boy & girls, it's time to party like a rockstar! We will learn lyrics and hip hop dance moves to our favorite pop songs and be stars! At weeks end, we'll costume up and put on a concert not to be missed! \$15 material fee payable to instructor on the first day of camp.

327046-01	1 week	Mon-Fri	7/23-7/27	9:30am-12pm	5-12 yrs	\$118
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Stars of Broadway!

Anne Pennypacker
Marina Community Center-Large Room
151 Marina Dr.

Lights! Camera! Action! Join Miss Anne and crew in a wonderful week long adventure into the world of Musical Theatre. Students will explore improvisational acting, perform pieces from various musicals, dance with props, create costumes, hold auditions and more! Curtain's open at week's end for a show not to be missed! \$15 material fee payable to instructor at first day of camp.

327045-01 1 week Mon-Fri 7/16-7/20 9:30am-12pm 5-12 yrs \$118

Broadway Babies

Anne Pennypacker
Marina Community Center-Large Room, 151 Marina Dr.

Come swing on a star with Miss Anne and her guest instructors for a fun week of exploring musical theatre! Little dancers will create their own costumes, hold mini-auditions, sing, dance and prepare for the stage. Imaginations will soar as we act out characters and scenes from beloved Broadway shows! Curtains open at weeks end for our own special show! \$15 material fee payable to instructor on the first day of camp.

327047-01 4 days Tue-Fri 7/31-8/3 9:30-11am 4-7 yrs \$78

Superhero Gymnastics Camp

Anne Pennypacker
Marina Community Center-Large Room, 151 Marina Dr.

Boys & Girls! Run Fast! Jump High! Leap Far! Join Miss Anne in an action packed gymnastics camp. "Superheroes" will learn tumbling skills & create their own super-powered costumes! \$15 material fee payable to instructor on the first day of camp.

327048-01 4 days Tue-Fri 7/31-8/3 11am-1pm 4-7 yrs \$118

Edutainment Arts

Sand Castle Camp

Edutainment Arts Staff
Seal Beach 1st St @ Ocean Ave

Playing in the sand by the water, can you imagine a better summer than that? Now add a dozen new friends all helping you build massive castles, humans, mermaids, and other sea creatures all out of sand. Learn the techniques experts use to create these marvelous works of sand art. Bring your sun screen for a summer you'll always remember. Meet at the 1st Street Parking Lot- grass area.

323160-02 1 week Mon-Fri 7/16-7/20 8-11am 6-12 yrs \$150

Fort Building

Edutainment Arts Staff
Marina Community Center-Large Room
151 Marina Dr.

You're done it since you were two surrounding yourself with piles of stuffed animals and couch cushions. Now build your forts with tons of friends and have the fun of building and competing. Each day new forts will be made out of different whacky materials: Some small forts and some large. Teams will compete for best design, best fortified, longest standing and more! Castle vs. castle, fort vs. fort, fun vs. more fun.

323160-07 1 week Mon-Fri 8/13-8/17 9am-12pm 6-12 yrs \$150



Top Chef

Edutainment Arts Staff
Marina Community Center-Large Room
151 Marina Dr.

Our goal: to open a restaurant in one week. Campers will learn food handling skills and hygiene and then how to make several delicious and fun dishes. Our restaurant is open at the end of the week for family and friends! (2 guests per student enrolled allowed at the final days meal.)

323160-01 1 week Mon-Fri 7/9-7/13 12:30-3:30pm 6-12 yrs \$150

CSI – What it Takes to be a Detective

Edutainment Arts Staff
Marina Community Center-Large Room
151 Marina Dr.

Learn about the elements of crime solving, with hands on activities that require teamwork and deductive reasoning. Write in secret codes and decipher messages sent by others. All the skills you learn will be called upon to solve a crime at the end of the week.

323160-03 1 week Mon-Fri 7/23-7/27 12:30-3:30pm 6-12 yrs \$150

Flight

Edutainment Arts Staff
Marina Community Center-Small Room/Park
151 Marina Dr.

Take to the sky and soar! Design and build hot air balloons, planes, rockets, kites, and more. Learn the principles of flight and see where your imagination can take you.

323160-04 1 week Mon-Fri 7/30-8/3 9am-12pm 6-12 yrs \$150

Green Screen

Edutainment Arts Staff
Marina Community Center-Small Room/Park
151 Marina Dr.

Learn the beginning of green screen filming, special effects for film, story boarding, rehearsing, directing and filming and put it all together to create an action packed movie to show your friends and family! Some campers will find a love for behind the scenes storytelling, while others will be called by the camera.

323160-05 1 week Mon-Fri 7/30-8/3 12:30-3:30pm 6-12 yrs \$150

Dessert Shop

Edutainment Arts Staff

Marina Community Center-Large Room
151 Marina Dr.

Make different desserts, sweets, and other foods your parents don't want you to have too much of. A few healthier items will be offered, but not many. It's time for sugar and spice. On Thursday, have a tasting of all your goodies for family and friends. (2 guests per student enrolled allowed at the final days meal.)

323160-06	4 days	Mon-Thu	8/6-8/9	8am-12pm	6-12 yrs	\$150
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Star Wars

Edutainment Arts Staff

Heather Park, Heather St. @ Lampson Ave.

It's Jedi Training Time at Camp! Learn to use the force and how to operate a Lightsaber. Campers will build a Jedi Costume, be issued a practice saber, and taught the positive aspects of being a Jedi. Basic stage combat will be taught for safe sparing. Yoga will help us get in tune with the force. Crafts will build our Jedi arsenal. And Jedi games and competitions will be held to help strengthen our commitment to the force.

323160-08	1 week	Mon-Fri	8/20-8/24	9am-12pm	4-6 yrs	\$150
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323160-09	1 week	Mon-Fri	7/16-7/20	9am-12pm	6-12 yrs	\$150
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Mad Science



Galaxy Defenders

O.C. Mad Science Staff

Marina Community Center-Small Room/Park
151 Marina Dr.

Join our Astronaut Academy and Space Shuttle Tech Crew as you prepare to defend the galaxy. Build your own model rocket, make and take home tubular telescopes, space shuttles and flying fizzlers. Discover the fun involved in rockets and experience an awesome rocket launch. Learn how Sir Isaac Newton laid down the law of rocketry and motion. Join now and help our Mad Scientists protect the Earth from Alien Invaders! \$30 materials fee payable to instructor on the first day of camp.

327203-01	1 week	Mon-Fri	6/25-6/29	9am-12pm	5-12 yrs	\$135
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Slime Time!

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

It's SLIME TIME! Learn about the world of polymers, the chemical reactions to create them and the inner workings of silly putty! Atoms to molecules to polymers, check out how it all works together. \$10 materials fee payable to instructor on the first day of camp.

327203-02	2 days	Thu & Fri	7/5-7/6	9am-12pm	5-12 yrs	\$55
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Science in Motion

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

Discover how things move with science. Take apart owl pellets to see what they can digest. View the world through a camera obscura that you make yourself. Assemble and control pulleys, levers, catapults, and mega pinchers. Take a walk on the wild side to explore the beasts of the fields and the birds of the air. Build your own birdhouse, make your own sidewalk chalk, grow your own crystal gardens, play with Magic Mud, and more! \$30 material fee due the first day of class.

327203-03	1 week	Mon-Fri	7/16-7/20	9am-12pm	5-12 yrs	\$135
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Robots 101

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

I am a RO-BOT! Join us for a week of FUN with amazing robots! Learn about the uses of robots in our world and spend time experimenting with super cool robots that can sense sound, follow patterns, even play soccer! Discover the science of circuitry and how robots use sensors to explore the things around them. Use your skills to build your very own working robot to take home with you! \$30 material fee due the first day of class.

327203-04	4 days	Mon-Thu	8/6-8/9	9am-12pm	8-13 yrs	\$118
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327203-05	4 days	Mon-Thu	8/6-8/9	1:30-4:30pm	8-13 yrs	\$118
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NASA: Jr Astronauts

O.C. Mad Science Staff

Marina Community Center-Large Room, 151 Marina Dr.

Join our Academy of Future Space Explorers as you prepare to explore the galaxy. Build your own model rocket, race a balloon rocket, and then see the real thing- a rocket launch up to 300 ft. in the air! Make and take home your own comet, Shuttle Copter, glow-in-the-dark Bead Dipper and much more. Use teamwork to complete an important space mission. Travel to the end of the rainbow and make a sunset. This NASA camp is 'Out of this World!' \$30 material fee due the first day of class.

327203-06	1 week	Mon-Fri	8/20-8/24	9am-12pm	5-12 yrs	\$135
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Little Scientist Preschool Lab

O.C. Mad Science Staff

Marina Community Center-Small Room/Park, 151 Marina Dr.

Experience fun hands-on experiments in this week long lab. Meet Stegy, the stegosaurus and dig for dinosaurs, explore light and rainbows, play with the power of magnets and so much more. Parent participation not required. Must be potty trained. \$30 material fee due the first day of class.

327203-07	1 week	Mon-Fri	8/20-8/24	9:30am-12pm	3-5 yrs	\$110
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Zoom Academy

Zoom Academy is an educational organization that develops and provides enrichment programs for K-12 students. We have been providing quality enrichment programs for the past 6 years to cities and schools throughout Southern California.

Basic Game Design

Zoom Academy Staff
Marina Community Center-Small Room
151 Marina Dr.

Design and build your own Windows-based video games. Emphasizing a creative and inventive process with a no-violence policy, participants will learn the basic mechanics of game design including object oriented programming. Participants will take home their own video game to share with family and friends. Students need to provide USB drive or purchase one from the instructor for \$10. Sign up for both morning and afternoon camps and Zoom Academy will provide lunch supervision.

323190-01	1 week	Mon-Fri	6/18-6/22	9am-12pm	9-14 yrs	\$190
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Web Design & Publishing

Zoom Academy Staff
Marina Community Center-Small Room
151 Marina Dr.

Students learn how to make their own web page and publish it on the World Wide Web. Topics covered: WYS/WYG (what you see is what you get), video, photo gallery, favorite games on the website. HTML concepts; Primary tags; Hyperlinks; text formatting; colors, Backgrounds, and Fonts; Tables; Web publishing and more! Students need to provide USB drive or purchase one from the instructor for \$10. Sign up for both morning and afternoon camps and Zoom Academy will provide lunch supervision.

323190-02	1 week	Mon-Fri	6/18-6/22	1-4pm	9-14 yrs	\$170
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Digital Media 101

Zoom Academy Staff
Marina Community Center-Small Room
151 Marina Dr.

We teach your kids how to produce professional looking presentations while exploring various multimedia outlets. Using Microsoft PowerPoint, Publisher and Windows Movie Maker, your kids will learn to edit photographs, videos and text while creating an imaginative, memorable, and inspired project. Participants need to provide a USB drive or purchase one from the instructor for \$10.

323190-03	1 week	Mon-Fri	6/25-6/29	1-4pm	9-14 yrs	\$160
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Math Zoom Club

Zoom Academy Staff
Marina Community Center-Small Room
151 Marina Dr.

This club is to nurture and engage the student's interest in math and develop lifelong analytical, logical and critical thinking skills. Students explore the patterns and correlations between the numbers, develop better number sense and understand concepts better. Kids will show better confidence, problem solving, critical thinking abilities and more! Students will engage in fun math activities, along with exciting in-class math competitions!

323190-04	1 week	Mon-Fri	7/16-7/20	1-4pm	6-9 yrs	\$160
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Basic Computer Skills/Keyboarding

Zoom Academy Staff
Marina Community Center-Small Room, 151 Marina Dr.

Learn the skills of Microsoft Word, PowerPoint, Excel, and Computer Typing! This course will help students learn the basics of word processing, create presentations, learn to enter data in a spreadsheet, and develop basic typing skills. The classes are fun and engaging, with daily practices, tests, and games.

323190-05	1 week	Mon-Fri	8/20-8/24	1-4pm	6-9 yrs	\$120
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Incrediflix

All Flix will be professionally edited and a DVD will be mailed to every student. Production fee check (payable to Indrediflix) of \$30 is due on the first day of camp. Sign up for both morning and afternoon camps and Incrediflix will provide lunch supervision and discount one production fee! Check out Incrediflix.com for examples of each camp!

Filmmaking Flix

Incrediflix Staff
Marina Community Center-Small Room
151 Marina Dr.

Are you the next star director? Actor? Writer? Cameraman? Of course you are, and you get to do it all in these live action flix! You'll work in groups to make your vision come true in these movies where you'll act, write, direct, and more.

327213-02	1 week	Mon-Fri	7/9-7/13	1-4pm	7-13 yrs	\$157
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Clay Flix

Incrediflix Staff
Marina Community Center-Small Room
151 Marina Dr.

Claymation rocks! You'll make your own clay character and you'll bring this character to life in its own movie! Students will work in age appropriate groups to storyboard, write, film, and act out the voices of their characters in these stop-motion animated flix.

327213-03	1 week	Mon-Fri	7/23-7/27	9am-12pm	7-13 yrs	\$157
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Acting for Flix

Incrediflix Staff
Marina Community Center-Small Room
151 Marina Dr.

So you want to be on camera? Whether you're completely new at this, or want to improve your skills, this camp is designed to bring you to the next level. We have practice casting calls, we have training, and at the end you'll make your own commercial! We'll send it all to you on DVD, so you have it for your reel or just for practice.

327213-01	1 week	Mon-Fri	7/9-7/13	9am-12pm	7-13 yrs	\$157
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Lego Flix

Incrediflix Staff
Marina Community Center-Small Room
151 Marina Dr.

We know you love Legos and we know you can create incredible worlds. Now it's time to bring those worlds to life in Lego animated flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters for a movie they storyboard, write, shoot, and voice-over.

327213-04	1 week	Mon-Fri	7/23-7/27	1-4pm	7-13 yrs	\$157
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Long Beach Marine Institute

Read all the details at LBMI website: www.longbeachmarineinst.com. Discount for 2nd sibling- \$182. There is a boat trip every Friday which includes a trawl and mud sampling.

Squirmy, Slimy & Spineless!

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Venture into the land of invertebrates, no backbone required! These amazing animals include more than 98% of all animal species! See first hand how an octopus changes color and texture to avoid predators while exploring local tidepools. Discover how sea urchins and sea anemones live in a constantly changing habitat, with dangers lurking around every corner! This week is filled with exciting crafts, activities and field trips to keep campers excited and engaged.

327223-01	1 week	Mon-Fri	6/25-6/29	9am-3pm	5-7 yrs	\$192
327223-02	1 week	Mon-Fri	6/25-6/29	9am-3pm	8-9 yrs	\$192
327223-03	1 week	Mon-Fri	6/25-6/29	9am-3pm	10-12 yrs	\$192
327223-04	1 week	Mon-Fri	7/30-8/3	9am-3pm	5-7 yrs	\$192
327223-05	1 week	Mon-Fri	7/30-8/3	9am-3pm	8-9 yrs	\$192
327223-06	1 week	Mon-Fri	7/30-8/3	9am-3pm	10-12 yrs	\$192



Mysteries of the Deep

Long Beach Marine Institute Staff
\$165/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Ever wonder what lives in the darkest depths of the sea? Campers will explore the mysteries of the deep and discover the secrets of the ocean! They will learn about the amazing adaptations and abilities of the strange creatures that live in this unfamiliar habitat. Campers will partake in hands-on activities and experiments to demonstrate the harshness of this environment. California Science Center Field Trip. No Class 7/4

327221-01	4 days	Mon-Fri	7/2-7/6	9am-3pm	5-7 yrs	\$165
327221-02	4 days	Mon-Fri	7/2-7/6	9am-3pm	8-9 yrs	\$165
327221-03	4 days	Mon-Fri	7/2-7/6	9am-3pm	10-12 yrs	\$165

Whales Tales & Mammal Friends

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Journey with a gray whale as it travels 10,000 miles along the coast! This week will focus on some of the most magnificent animals that live in our oceans: marine mammals and marine plankton. Campers will learn all about plankton, whales, dolphins, seals and sea lions. In each session, campers will get a hands-on look at marine invertebrates collected on our excursion aboard the R/V CONQUEROR or CHALLENGER. We will also be on the lookout for local marine mammals that may be hanging out in the Long Beach Harbor.

327222-01	1 week	Mon-Fri	7/9-7/13	9am-3pm	5-7 yrs	\$192
327222-02	1 week	Mon-Fri	7/9-7/13	9am-3pm	8-9 yrs	\$192
327222-03	1 week	Mon-Fri	7/9-7/13	9am-3pm	10-12 yrs	\$192
327222-04	1 week	Mon-Fri	8/6-8/10	9am-3pm	5-7 yrs	\$192
327222-05	1 week	Mon-Fri	8/6-8/10	9am-3pm	8-9 yrs	\$192
327222-06	1 week	Mon-Fri	8/6-8/10	9am-3pm	10-12 yrs	\$192

Liquid Jungles of the Sea

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base
5875 Appian Way

Travel through the amazing liquid jungles found just below the surface of our oceans! The world of fish and their habitats is vast and diverse. This week will cover many different ocean environments such as kelp forests and coral reefs, and illustrate why each habitat is unique not only in structure but in resources for inhabitant survival as well. Campers will learn about the fastest growing forest in the world and realize that coral reefs are complex aggressive predators. Most of all, the campers will understand how important these habitats really are, not only to the ocean but to humans as well.

327224-01	1 week	Mon-Fri	7/18-7/22	9am-3pm	5-7 yrs	\$192
327224-02	1 week	Mon-Fri	7/18-7/22	9am-3pm	8-9 yrs	\$192
327224-03	1 week	Mon-Fri	7/18-7/22	9am-3pm	10-12 yrs	\$192
327224-04	1 week	Mon-Fri	7/23-7/27	9am-3pm	5-7 yrs	\$192
327224-05	1 week	Mon-Fri	7/23-7/27	9am-3pm	8-9 yrs	\$192
327224-06	1 week	Mon-Fri	7/23-7/27	9am-3pm	10-12 yrs	\$192

Shark Days

Long Beach Marine Institute Staff
\$192/\$728 per 4 week session
Boy Scout Sea Explorer Base, 5875 Appian Way

Come explore the extraordinary world of sharks and their relatives the "bony fish"! Did you know that a shark is a special type of fish? During this week, campers will learn what makes a shark unique and dispel some of the myths that have given sharks such a bad reputation. Campers will also discover the many incredible adaptations that fish have to help them survive in their ocean habitats. Day campers will participate in ocean themed crafts and activities to help them better understand the concepts being taught.

327220-01	1 week	Mon-Fri	7/16-7/20	9am-3pm	5-7 yrs	\$192
327220-02	1 week	Mon-Fri	7/16-7/20	9am-3pm	8-9 yrs	\$192
327220-03	1 week	Mon-Fri	7/16-7/20	9am-3pm	10-12 yrs	\$192
327220-04	1 week	Mon-Fri	8/13-8/17	9am-3pm	5-7 yrs	\$192
327220-05	1 week	Mon-Fri	8/13-8/17	9am-3pm	8-9 yrs	\$192
327220-06	1 week	Mon-Fri	8/13-8/17	9am-3pm	10-12 yrs	\$192

Old Ranch Country Club



Junior Golf Camp

Old Ranch Country Club Staff
Old Ranch Country Club
3701 Lampson Ave.



The Summer Golf Camp at the Old Ranch Country Club public driving range is an excellent way for your children to enjoy the game of golf under the guidance of the game's best instructors. Because this program is run under the supervision of Old Ranch Country Club, only professional golfers licensed through the Professional Golfers Association of America will be teaching your child. This five day camp is perfect for beginners and advanced players alike. Open to the public, the only thing you need to bring to this camp is a great attitude. We even provide the golf clubs (if needed). Your young golfer will learn putting, chipping, driving and iron play. Daily contests and competitions keep the mood fun and exciting. Every child will come away from the camp with an appreciation of the game and knowledge of course rules and proper golfing etiquette. Our 10:1 player to instructor ratio will ensure that every camper gets the individual attention that they require. Daily snacks and drinks will be provided, culminating with a full lunch on Friday. No camp 7/4

323046-01	1 week	Mon-Fri	6/18-6/22	9am-12pm	6-14 yrs	\$150
323046-02	1 week	Mon-Fri	6/25-6/29	9am-12pm	6-14 yrs	\$150
323046-03	1 week	Mon-Fri	7/2-7/6*	9am-12pm	6-14 yrs	\$120
*discounted fee for 4th of July holiday						
323046-04	1 week	Mon-Fri	7/9-7/13	9am-12pm	6-14 yrs	\$150
323046-05	1 week	Mon-Fri	7/16-7/20	9am-12pm	6-14 yrs	\$150
323046-06	1 week	Mon-Fri	7/23-7/27	9am-12pm	6-14 yrs	\$150
323046-07	1 week	Mon-Fri	7/30-8/3	9am-12pm	6-14 yrs	\$150
323046-08	1 week	Mon-Fri	8/6-8/10	9am-12pm	6-14 yrs	\$150
323046-09	1 week	Mon-Fri	8/13-8/17	9am-12pm	6-14 yrs	\$150

Total Sport Camp



The Total Sport Camp

Coach Scott Durzo & Coaches

McGaugh Gym, Field, and classroom, 1698 Bolsa Ave., 5-14 yrs

Emphasis is placed on good sportsmanship, learning, and encouraging your child to do his or her best! Coaches are well trained and have a positive approach to teaching your child! Kids will enjoy themselves and feel good about playing sports and activities! Participants are grouped by age and ability to ensure a positive experience. Please e-mail Coach Scott directly if you have any questions at scottdurzo@mac.com or visit the camp website at www.totalsportcamp.com. Monday- Friday, 10a-3p/ Extended hours available from 7:30am-10am/3pm-6pm (\$5 per hour) (no class Wed., July 4th)

Total Sport Camp	5 Day Kid Card	10 Day Kid Card	15 Day Kid Card	30 Day Kid Card	Daily Rate (4 Days or Less)
Fee	\$160	\$310	\$450	\$850	\$40
Class #	327011-01	327011-02	327011-03	327011-04	327013-01

Proudly Serving the Residents of Seal Beach

Animal Care Services

at www.longbeach.gov/acs

Low Cost Pet Clinics

May 12 & July 14

• 9:00 - 10:30am

Marine Stadium

5255 Paoli Way

- Dog and Cat vaccinations
- Microchipping
- Licensing



For more information and pricing, please visit www.longbeach.gov/acs



For information on Animal Care Services, our success stories and events, like us on Facebook at www.facebook.com/LongBeachAnimalCare

7700 East Spring Street, Long Beach • 562-570-PETS

Senior Lunch Program

Seal Beach Community Services, in cooperation with Community Senior Serv, offers a hot, nutritious meal Monday through Friday at the North Seal Beach Center, located at 3333 Saint Cloud Drive. Besides maintaining the physical health of active older adults, the Lunch Program also works to enrich the emotional/physiological health of seniors by sponsoring a wide range of speakers, dances, games, health forums, and other social and educational activities. The senior lunch program is open to all older adults age 60+. The suggested donation for lunch is \$2.50. Any donation, no matter how large or small, is always greatly appreciated and accepted although no individual will be turned away due to inability to donate. Guests under 60 can enjoy lunch for a fee of \$3.50. The Center is open Monday through Friday, 9 a.m.-1 p.m. Lunch is served at 11:30 a.m. Seniors should check in by 11 a.m. at the front desk. For more information, please call (562) 430-6079. If you need transportation to the senior lunch program, arrangements may be made with the City's Dial-A-Ride transportation company. This shuttle service is available to and from the North Seal Beach Senior Lunch Program site which is located in the Rossmoor Shopping Center. **Community Senior Serve Holiday Closures: 5/28, 7/4, 9/3, 11/22, 11/23, 12/24, & 12/25.**



Senior Dial-A-Ride Program in Seal Beach

The Dial-A-Ride component of the program has traditionally offered to deliver a senior resident to any location within City limits and 3 miles outside of City limits for medical visits. Dial-A-Ride service is available Monday through Friday from 8 a.m. to 5 p.m., and can be utilized by calling (562) 439-3699 at least 24 hours in advance to schedule date, time, and location. The service can be made for any reason such as doctor's appointments, retail/grocery shopping (within City of Seal Beach), and dining excursions (within City of Seal Beach).

Drivers Needed to Deliver Meals

Help us bring smiles to the faces of older adults living in your community. We are in need of volunteer drivers to deliver meals to homebound elders in Seal Beach who are unable to cook and/or shop for themselves. Drivers are needed for one hour a day, Monday thru Friday between 10am and 1pm. On-call backup drivers are also needed in the event that a regularly scheduled driver is unable to deliver. To volunteer, call (714) 220-0224.

In Home Case Management

For older adults who are facing multiple problems, which they cannot resolve on their own, Community Senior Serv Case Managers are available to help them evaluate and find acceptable solutions to their individual needs. Referrals may be made by any concerned individual, physician, Social Service Worker, family member, neighbor, or the senior themselves, Monday through Friday, from 8am-5pm. For more information, call (714) 220-0224.

Home Delivered Meals

For homebound individuals 60+ years of age who are unable to shop/and or prepare meals for themselves, Community Senior Serv delivers three meals directly to their homes – a cold lunch, a frozen dinner, and breakfast items. These meals, which provide 100 percent of the U.S. Nutritional Recommended Dietary Allowance, are available five days per week. Suggested donation is \$4.50/day. For more information, call (714) 220-0224.

Friendly Companions Referral Assistance

This referral service directs persons 60+ to the appropriate agencies for specific needs. Call the Orange County Senior Information and Referral Line at (714) 567-7500 if you need assistance. This program is designed to provide seniors access to the many agencies and human service programs available that can assist with problems, legal information, nutrition programs and more.

Health Insurance Counseling and Advocacy Program (HICAP)

Trained counselors are available to assist seniors with Medicare rights and protections. They can help with HMO appeals, with information regarding Medi-Gap Plans and/or Long Term Care information. No fee. For more information, call 714-560-0424.

Senior Pinochle Club

Senior Center, 707 Electric Ave.

Drop in – Tuesday 9 a.m. - 3p.m. No Fee! Persons 50 years of age and older are invited. The club provides opportunities to meet new friends, develop new interests and socialization.

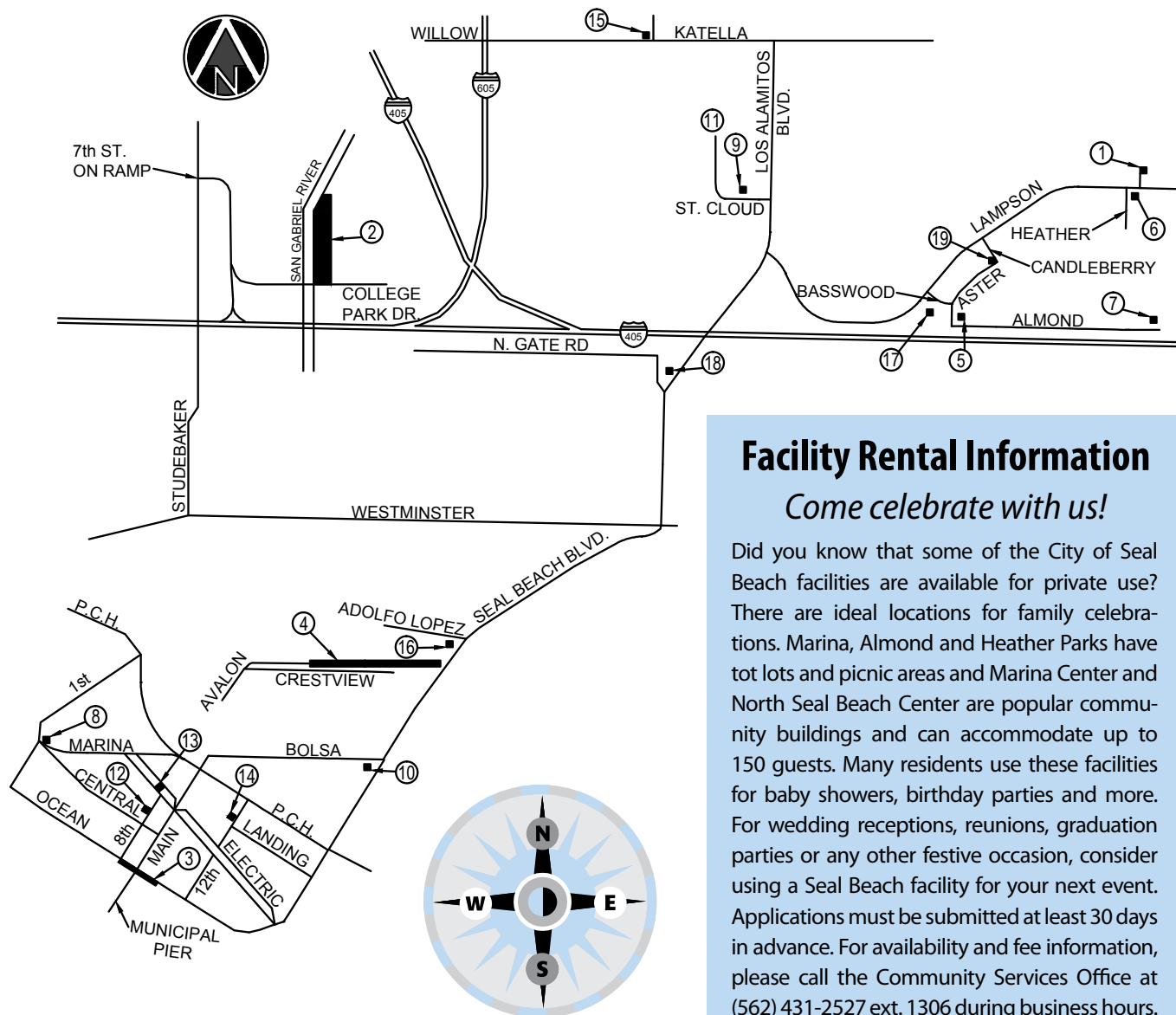


Medicare 101

**Cesar Arteaga
Seal Beach Senior Center
707 Electric Ave.**

Learn about Social Security timeframes, how to enroll in Medicare, and the qualifications to receive Medicare. Learn about what Part A, Part B, Part C, and Part D consist of and what it covers and does not cover. The instructor will explain the options that Medicare beneficiaries have to get coverage for and what Medicare does not cover, such as Medicare Advantage plans, Prescription drug plans, and Medicare Supplement plans. Additional plans are also available for those who are receiving financial assistance or for those who have Medicare and Medi-Cal.

356040-01	1 day	Thu	6/7	10-11am	63+ yrs	Free
356040-01	1 day	Thu	6/21	10-11am	63+ yrs	Free



Facility Rental Information

Come celebrate with us!

Did you know that some of the City of Seal Beach facilities are available for private use? There are ideal locations for family celebrations. Marina, Almond and Heather Parks have tot lots and picnic areas and Marina Center and North Seal Beach Center are popular community buildings and can accommodate up to 150 guests. Many residents use these facilities for baby showers, birthday parties and more. For wedding receptions, reunions, graduation parties or any other festive occasion, consider using a Seal Beach facility for your next event. Applications must be submitted at least 30 days in advance. For availability and fee information, please call the Community Services Office at (562) 431-2527 ext. 1306 during business hours.

1 ARBOR PARK (DOG PARK)

4665 Lampson, behind WestEd Facility
College Park East Off Lampson 100 ft. East of Heather St.
Soccer and Baseball Fields, RR

2 EDISON PARK & GARDENS

99 College Dr, in College Park West
Tot Lot, Basketball Court, Sand Volleyball, Softball Diamond, Public Gardens, PP

3 EISENHOWER PARK

Ocean Ave & Main St, in Old Town Greenbelt adjacent to the Pier

4 GUM GROVE NATURE PARK

On the Hill Corner of Crestview & Avalon Drive
Urban Forest of Eucalyptus Trees, Passive Hiking Trail, PP

5 (BB) BLUEBELL PARK

Almond Ave & Bluebell St., in College Park East
Basketball Court, Play Field & Tot Lot (Lights)

6 (HP) HEATHER PARK

Heather St. & Lampson, in College Park East
Tennis Courts (Lights), Play Field, Tot Lot, PP

7 ALMOND PARK

4600 Almond Avenue. Tot Lot, Play Field, Basketball Courts

8 MARINA CENTER & PARK

151 Marina Dr, at 1st St. in Old Town
Community Center, Tot Lot, Tennis Courts (Lights), Basketball Court (Lights), Racquetball Courts (Lights), RR, PP

9 NORTH SEAL BEACH CENTER (NSBC)

3333 St. Cloud Dr.
Community Center, Daily Senior Meals, RR

10 MCGAUGH GYMNASIUM,

POOL, TENNIS COURTS & FIELDS

1698 Bolsa Ave. at Seal Beach Blvd, On the Hill.
Pool Office Phone: 430-9612
Public Pool, Gym, Tennis Courts, Play Fields, RR

11 ROSSMOOR/LOS ALAMITOS LIBRARY

12 CITY HALL & RECREATION OFFICE

211 8th St., 2nd floor in Old Town

13 SENIOR CENTER AT MARY WILSON LIBRARY

707 Electric Ave in Old Town, Senior Center Facility, Greenbelt, RR

14 ZOETER SOFTBALL FACILITY

12th Street & Landing Avenue, Premier Softball Diamond (Lights), RR

15 LOS ALAMITOS COMMUNITY CENTER

10911 Oak St., Los Alamitos (Oak & Katella)
430-1073, Co-Sponsor for Programs

16 SEAL BEACH POLICE

Seal Beach Blvd, at Adolpho Lopez Drive. (562) 799-4100

17 SEAL BEACH TENNIS CENTER

Tennis Facility Located in Seal Beach on Lampson, just east of Seal Beach Blvd.

18 FIRE STATION #48

Community Room, located at 3131 N. Gate Road

19 ASTER PARK

Aster St. & Candleberry, in College Park East

3 easy ways to REGISTER TODAY

1 MAIL IN

Select the class or classes you are interested in and complete the registration form. Please sign the consent section at the bottom. Mail the completed registration form with a check or money order (do not send cash) made payable to the City of Seal Beach, or your MasterCard or Visa number to:

City of Seal Beach
ATTN: Finance Department
211 8th Street
Seal Beach, CA 90740

If you would like to receive a confirmation receipt, please supply a self-addressed, stamped envelope with your registration or request that one be sent to your e-mail address.

Registration Begins
May 1, 2012

2 FAX

Call (562) 430-3498

You may register by fax with your Visa or MasterCard. Fax us 24 hours a day at (562) 430-3498. Please have all your information printed in ink on the form. Credit Card registration must be for amounts in excess of \$20.

3 WALK IN

Open Monday - Friday

Registration can also be made in person at Seal Beach City Hall from 8 am to 5 pm Monday-Friday. Closed from 12-1pm daily.

ON-SITE

On-site registration will NOT be accepted at the class.

Refund Policy

► Applications for refunds will be granted only if requested prior to the second class meeting and may be made in person, over the telephone, or by writing us.

► Refund checks will be mailed within three weeks following the request.

► If the Department cancels a class, an automatic refund will be processed at no cost to the registrant.

► A \$25 Service Charge for any check returned unpaid may be assessed (closed account, NSF funds)

► A \$10 Service Charge for any requested REFUND.

Access & Inclusion

In compliance with the Americans with Disabilities Act (ADA), the City of Seal Beach Community Services Department prohibits discrimination on the basis of race, color, national origin, age and disability in all of its programs. All are welcome to register and we encourage your participation. If you have special needs, please contact the Community Services Office at (562) 431-2527, ext.1307.

Community Services Department

City of Seal Beach

211 8th Street
Seal Beach, CA 90740
Office (562) 431-2527 ext. 1307
Fax (562) 430-3498

Office Hours

Monday - Friday; 8 am - 5 pm
(closed daily 12-1 pm for lunch)

For Your Information: We share instructors and co-sponsor activities and classes to better serve YOU, our most important customer!

CONTENT: We make every effort to ensure the information in the Guide is accurate & up-to-date. We regret that occasional errors occur & we retain the right to amend information & fees.

Please register early to avoid class cancellations.

Submit Your Photos

Have you or your children participated in one of our classes and have high resolution digital photographs that you would like to submit for publication in the Seal Beach Shoreline? If so, you can email them to Dana at dkukuruda@sealbeachca.gov.

Please include:

- Your name, address, and telephone number
- Names of those in the photographs and what activity is featured

The statement "I hereby irrevocably consent to and authorize the use and reproduction by the City of Seal Beach or anyone authorized by the City of Seal Beach of any and all photographs. These photographs may be used for any purpose whatsoever, without compensation."

Thank You!



211 8th Street, Seal Beach, Ca 90740
Community Services Office (562) 431-2527 Ext. 1307 • Office Fax (562) 430-3498

ADULT NAME: _____
LAST NAME FIRST NAME

E-MAIL: _____

ADDRESS: STREET _____ CITY _____ STATE _____ ZIP _____

PHONE: HOME # _____ WORK# _____ MOBILE # _____

EMERGENCY CONTACT: _____ PHONE # _____

Drivers License #: _____ EXP DATE: _____

PARTICIPANT FIRST NAME	LAST NAME	BIRTH DATE	CLASS #	CLASS TITLE	START DATE	FEE \$	Office Use Only ACCOUNT #
					TOTAL	\$	

DATED: _____ SIGNATURE: _____
(PARTICIPANT/PARENT OR GUARDIAN)

SIGNATURE TOTAL CHARGED TO ACCT: \$

City of Seal Beach
CITY HALL
211 8th Street
Seal Beach, CA 90740

POSTAL CUSTOMER
Seal Beach, CA 90740

PRSRT STD
U. S. Postage
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Long Beach, CA
PERMIT #70001

Beach Safety Tips



1. Swim Near A Lifeguard: USLA statistics over a ten year period show that the chance of drowning at a beach without lifeguard protection is almost five times as great as drowning at a beach with lifeguards. USLA has calculated the chance that a person will drown while attending a beach protected by USLA affiliated lifeguards at 1 in 18 million (.0000055%).

2. Learn To Swim: Learning to swim is the best defense against drowning. Teach children to swim at an early age. Children who are not taught when they are very young tend to avoid swim instruction as they age, probably due to embarrassment. Swimming instruction is a crucial step to protecting children from injury or death.

3. Never Swim Alone: Many drownings involve single swimmers. When you swim with a buddy, if one of you has a problem, the other may be able to help, including signaling for assistance from others. At least have someone onshore watching you.

4. Don't Fight the Current: USLA has found that some 80% of rescues by USLA affiliated lifeguards at ocean beaches are caused by rip currents. These currents are formed by surf and gravity, because once surf pushes water up the slope of the beach, gravity pulls it back. This can create concentrated rivers of water moving offshore. Some people mistakenly call this an undertow, but there is no undercurrent, just an offshore current. If you are caught in a rip current, don't fight it by trying to swim directly to shore. Instead, swim parallel to shore until you feel the current relax, then swim to shore. Most rip currents are narrow and a short swim parallel to shore will bring you to safety.

5. Swim Sober: Alcohol is a major factor in drowning. Alcohol can reduce body temperature and impair swimming ability. Perhaps more importantly, both alcohol and drugs impair good judgment, which may cause people to take risks they would not otherwise take.

6. Leash Your Board: Surfboards and body boards should be used only with a leash. Leashes are usually attached to the board and the ankle or wrist. They are available in most shops where surfboards and bodyboards are sold or rented. With a leash, the user will not become separated from the flotation device. One additional consideration is a breakaway leash. A few drownings have been attributed to leashes becoming entangled in underwater obstructions. A breakaway leash avoids this problem.

7. Don't Float Where You Can't Swim: Non-swimmers often use flotation devices, like inflatable rafts, to go offshore. If they fall off, they can quickly drown. No one should use a flotation device unless they are able to swim. Use of a leash is not enough because a non-swimmer may panic and be unable to swim back to the flotation device, even with a leash. The only exception is a person wearing a Coast Guard approved life jacket.

8. Life Jackets = Boating Safety: Some 80% of fatalities associated with boating accidents are from drowning. Most involve people who never expected to end up in the water, but fell overboard or ended up in the water when the boat sank. Children are particularly susceptible to this problem and in many states, children are required to be in life jackets whenever they are aboard boats.

9. Don't Dive Headfirst, Protect Your Neck: Serious, lifelong injuries, including paraplegia, occur every year due to diving headfirst into unknown water and striking the bottom. Body surfing can result in a serious neck injury when the swimmer's neck strikes the bottom. Check for depth and obstructions before diving, then go in feet first the first time; and use caution while body surfing, always extending a hand ahead of you.

10. At Home, You're the Lifeguard: Drowning is the leading cause of accidental death in many states for children age one and two. A major reason for this is home pools, which can be death traps for toddlers. Many of these deaths occur in the few moments it takes a parent to answer a telephone or doorbell. NEVER leave a child alone anywhere near a pool. Make sure it is completely fenced, that the fence is locked, and that there is no access from the home to the pool. Don't let your child or a neighbor's child get into the pool when you're not there.

11. Shuffle Your Feet: To avoid stepping on stingrays or other marine environment animals, shuffle your feet whenever you are walking in the water. This will help prevent potentially painful stings to the beach goer as well as unnecessary damage to the marine environment.

Seal Beach Marine Safety Department

Marine Safety Department has three full time Lifeguards, 44 part-time beach Lifeguards and 20 part-time pool Lifeguards/swim instructors. In 2011, the beach Lifeguards had a busy summer protecting the public. They performed 1339 rescues, treated 611 medical aids, 52 major medical aids, and 519 stingray injuries in 2011. The rescue statistics show a significant increase over the last few years.

The Seal Beach Junior Lifeguard program is administered by the Marine Safety staff. The Seal Beach Junior Lifeguard Program introduces the young people of the community to safe marine and aquatic recreational opportunities. It is a fun, but physically demanding program that provides the participants with knowledge and respect for the ocean and its surrounding environment. It is designed to help improve young people's physical conditioning while emphasizing the importance of safety, respect and camaraderie.

During the course of the program the following topics are addressed: Ocean Proofing, Physical Development, Lifeguard Skills, First Aid, and Competition. Junior Lifeguards will participate in many activities including, but not limited to; open water swimming, paddle boarding, body surfing, body boarding, surfing, and beach games.

In June of 2011 the pool Lifeguards were placed under the Marine Safety Departments supervision. Immediate steps were taken to increase the level of training required to be a Seal Beach Pool Lifeguard. The training is now done "in-house" by the Marine Safety Department in order to ensure Pool Lifeguards are well trained and certified. Other changes include a new computerized swipe card system for lap swimmers, and new and better lifesaving equipment. In the future be on the lookout for other changes at the pool to increase safety and lifeguard efficiency.